

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, and Schweinfurt

May 16, 2007



Photo by Christine Wilson

Lt. Dan Band rocks Hohenfels

Gary Sinise - CSI: New York, Forest Gump star - kicks off USO tour

by **GARRY BARROWS**
Staff writer

The 12-member Lt. Dan Band featuring CSI: New York actor Gary Sinise kicked off its six engagement European Tour at Hohenfels May 8 in the Post Gym to the cheers and enthusiasm of a full house.

Sinise formed the band in February, 2004, primarily with long time friend Kimo Williams.

They had played together with other friends “just for fun” for several years before getting serious and exploring the possibility of working with Armed Forces Entertainment and the USO, who sponsored this tour in support of U.S. troops.

“We have been playing together for quite a while,” said Sinise. “We average 10-15 shows a year, 50 in the past three years.”

“I’m not doing the band for the money, but for fun and a way to help (the troops and their families).”

“We work pretty consistently”, said keyboardist Ben Lewis. “Gary finds the time.”

Sinise began his acting career in the theatre when he and friends formed the now famous Steppenwolf Theatre production company directly out of high school.

“ I think he really gets it. He believes in and supports the military. ”

Lori Starnes
Sinise fan

He remained in contact with the company, serving as artistic director on two occasions.

The two hour and twenty minute show was an eclectic variety of music that seemed to reach nearly everyone in the crowd.

Immediately after the first song, Sinise invited younger fans in the audience to come up near the stage. Throughout the performance, he and band members took excursions into the crowd often to select individuals to be a part of special numbers.

The Lt. Dan Band, named after Sinise’s character in the movie Forest Gump, played at five locations in Germany and one in Belgium entertaining Army, Air Force, and NATO units during this visit.

With the tour complete and the band returning home, Sinise will travel downrange to visit the troops in Iraq.

In March, 2004, Sinise co-founded Organization Iraqi Children and to date, “we have distributed 300,000 school supply kits, many to our Soldiers, and they take them to the kids,” he said.

Sinise hopes to be able to visit areas where this program has been in operation. But for the Hohenfels fans of the Lt. Dan Band, their thoughts remained on the performance.

Sinise fan Lori Starnes, who waited more than an hour to meet the actor and get an autograph, felt great about his visit. “I think he really gets it. He believes in and supports the military.”

Trevor Jackman, in line behind Starnes, was impressed by the way the audience received the performance.

“Everyone who was at the concert was involved,” he said. “They communicated with the crowd. I loved that he reinforced his support of the Soldiers with his comments during the show.”

Sinise is humble about his efforts in forming a band to come and support Soldiers and their families and then forming a foundation to help and support Iraqi children.

“Success in TV and movies has allowed me to go out and support my country. I’m a pretty blessed guy.”

Behavioral health Web site offers answers

by **JERRY HARBEN**

Army Medical Command Public Affairs

What exactly is a Post-Deployment Health Reassessment? Where can I get help for my spouse who is having nightmares about experiences in combat?

My buddy said he’s thinking about committing suicide, what should I do?

Such questions come to the forefront when Soldiers must deal with the stress of war. Now there is a new source for quick access to answers.

A new World Wide Web site — www.behavioralhealth.army.mil — provides information for Soldiers, their families and other interested members of the public.

Topics include behavioral health needs before, during, and after deployments; pre- and post-deployment health assessments; post-traumatic stress disorder; suicide prevention; Battlemind training; and resources where Soldiers and families can get help.

See **VISIT WEB** Page 25

Spaces still available for Camp A.R.M.Y

IMCOM-E press release

There are still a few spaces available in this summer’s Camp A.R.M.Y. Challenge City Adventure for youth in grades 6-8 and the July 27-Aug. 1 Tall Ship Adventure.

Applications for these sessions have been extended until May 25 or until all slots have been filled, Installation Management Command-Europe Morale, Welfare and Recreation officials announced May 9.

The weeklong program will be held July 16-21 in Heidelberg, Germany, and will include cultural awareness programs. City Adventure is one of four summer camp sessions being hosted this summer by IMCOM-Europe MWR which

See **DEADLINE** Page 3

College students urged to get meningococcal vaccine

Europe Regional Medical Command

When high school students receive their acceptances to college, they should also receive something else: a vaccination.

The potentially life threatening bacteria called Neisseria meningitidis commonly infects military personnel living in barracks and college students living in dormitories.

Basic trainees routinely receive the vaccine to protect them against several types of meningitis and other infections. Health officials recommend that college-bound students receive the vaccine, too.

“College freshmen that live in dormitories are five times more likely to get a meningococcal infection as compared with those who live off

campus or don’t attend college,” said Dr. (Lt. Col.) William P. Corr, the Europe Regional Medical Command’s consultant for preventive Medicine at Landstuhl Regional Medical Center.

Vaccination is a proven way to reduce the risk of infection.

“Over the past 12 months, many DOD children in Europe have been vaccinated against meningococcal infections,” said Corr, “but for those teenagers that haven’t been vaccinated and are going to college, the Advisory Committee on Immunization Practices recommends one shot ... that protects against four types of meningitis-causing bacteria.”

The vaccine is long lasting, and current guidance is to receive the vaccine only once in a

lifetime.

Corr recommends the meningococcal vaccine for several other groups of people:

Adolescents entering middle school (11-12 year olds) or high school (15 years old)

A child or adult without a spleen

Children and adults who lack “complement proteins,” a particular group of serum proteins that help the body fight infection

People exposed to someone infected with meningitis types A, C, Y, or W-135

Children and adults traveling to sub-Saharan Africa between December and June.

Contact your local medical treatment facility for more information about receiving the meningococcal vaccine.



Knowing the different kinds of indoor mold can help prevent illnesses



Mold caused by a leaking window in an Auerbach home.

Europe Regional Medical Command

There’s mold, the harmless kind, then there’s mold, the dangerous kind, and knowing the difference can keep you from getting sick. Molds are always present in the environment and for most people they do not pose a health risk.

“Molds are a type of fungus,” said Capt. Matthew Perry, an environmental science and engineer

officer and chief of environmental health for the U.S. Army Medical Department Activity–Bavaria. “They grow by creating microscopic spores that float through the air both indoors and outdoors.”

Perry said that because of mold spores’ incredibly small size, it is impossible to completely rid your home or work environment of them. Molds can feed on a wide range of material and require a water (moisture) source

to survive.

Reports on TV and in newspapers commonly refer to harmful mold as “black mold” or “toxic mold.”

“This is not accurate,” said Perry. “There are over 100,000 different species of molds throughout the world, and they come in many different colors, such as black, green, yellow, orange, brown, and white.”

Perry said there are harmless and harmful molds.

“Some may be black, some may be other colors, but you can’t tell which is which strictly by the color,” he explained.

Of the approximately 1000 common household molds studied, less than 200 are identified as being harmful pathogens to humans.

About 10 percent of the general population and 40 percent of people

See **MOLD** Page 25

Q&A

What are your *travel* plans for the *summer*?

Pfc. Bee Bostic
"Well, I plan on going to Rome, Italy, and to France... probably Paris."

Traci Fitzwilliam
"My family and I are PCSing to Fort Sill."



Sgt. Antonio Frazier
"I plan on going all around Europe. I want to go to Paris, Spain... I just want to go all over."

Sulynn Palmos
"We plan to travel to Paris because I want to take the kids to Euro Disney. I also hope to go to Poland, because we have family there."



Sgt. William Rivera
"Well, I'm leaving Germany to go back to the States, to Fort Polk."

Jennifer Read
"We're hoping to go to Tuscany for block leave because we love the food, the countryside, and the people."



Frank Lucas
"I would love to go to Goa, India. It was a major Portuguese colony until it was taken over by India. It is very beautiful."

Spc. Tyleka Riddle
"Paris. I've always wanted to go there."



Opinion & Editorial

Command Message

Help command to help you, fill out surveys, offer feedback

We go from balmy 70 degree weather for three weeks and a concern that all the grass may burn to 50 degree weather with lots of rain. Well, that's typical Grafenwoehr weather, and off to the column...

Special parking permit

Those of you in attendance at the last town hall meeting may recall that I needed some help from the community.

We have a series of reserved parking spaces marked as "Commanders Special Permit."

The intent of those signs is not to single out any one group but find a series of groups that need just a little bit of extra help doing business around the post.

We have had some good initial feedback to include reserving these spaces for wounded troops and women at an advanced stage of pregnancy.

I'd like to run the program for two more weeks and get your input and then we will update the policy and report back to the community who qualifies for those spaces.

Please send your input via the ICE system or e-mail the Bavarian News at adriane.foss@graf.eur.army.mil.

Quality of life survey

The garrison is working with IMCOM-E to

determine what we can do with respect to post services in lieu of the recent decision to change deployed tours to 15 months deployed, 12 months home.

At the same time USAREUR and EUCOM are conducting annual quality of life surveys—your opportunity to tell us what is good and what is not so good so we can get devote resources to fix those not-so-good areas.

I encourage all of you to take some time and provide your voice back to the leaders, both tactical and garrison, so we can better handle your needs.

Through June 15, USAREUR will run their quality of life survey.

You can read the questions and background on the survey at <http://www.per.hqusareur.army.mil/umss/wbs.htm>. Starting those dates, surveys and answer sheets will be at convenient places like the ACS, fitness centers, and libraries.

Questions we need feedback on could include child care and youth programs, recreation, Family Readiness, relocation, Financial Readiness, schools and education, healthcare, spouse employment, or anything else you can think of.

The only challenge to the survey is it must be filled out at our sites using a No. 2 pencil. USAG Grafenwoehr employees will have details at each of the sites to assist.

EUCOM Child and Youth survey

As part of the out brief at the EUCOM Quality of Life conference in September, EUCOM elected to do a survey of family

members to determine the needs of children and youth.

You may soon receive (through May 25) a child and youth survey by e-mail. I again encourage you to take the time to fill out the survey so leaders can act on your needs.

Post shuttle service

Many of you may recall that I am reviewing our post shuttle service to ensure we optimize use of this limited capacity service, particularly with the change of major post support agencies like the PX and commissary.

I remind sponsors that they are accountable for their family member's actions on the busses.

If necessary, I will bar community members from using the service if they cannot act in an appropriate manner.

Medical and dental

I recently had an office call with the commander of European Medical Command, Brig. Gen. Rubenstein.

This summer the number of our medical and dental specialists will increase as they arrive into our community. As details become clearer, I will keep you all informed.

Thanks to the entire medical community and all of you for helping me make this the best place to live and serve in Germany.

Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr

Adjusting to family routine proves tough post-deployment task



JACEY ECKHART
On the Homefront

My mother bustled into the kitchen. "Honey, it's almost four o'clock. Sam has gardening club at school today. You have to pack a substantial snack, put his equipment into the car, and pick him up not at the normal place but at the school bus stop and get him to lacrosse practice by 4:25." I squinted at her.

"Zip! Zip!" she exclaimed, clapping her hands.

Maybe it was just the jetlag, but in a mere 12 days it sure seemed like a remarkable amount of change had occurred in this family. The five-year old learned to ride a bike without training wheels. The junior shucked her basketball uniform, donned a bikini and started her life guarding gig. The seventh grader learned to cook scrambled eggs. When I left he wouldn't eat scrambled eggs and now he's changed his name to Denny and slaves over a hot stove every morning.

The whole thing made me feel a little dizzy. If I felt so disoriented after being absent for less than two weeks, what does Brad feel like when he tries to get back into the family after being deployed for six months?

I can't imagine. No wonder this Marine in Hawaii was telling me that it was no joke to try to reenter the family after deployment.

"When I got back from Iraq, my family was like a merry-go-round," he told me. "Remember those things on the playground? Not the thing

with the horses but that metal thing that spins in a circle really fast?"

I nodded, smiling as he rocked back and forth the way we used to when we were trying to jump on board the ride. "I kept looking for a space to get on. Kept looking and looking," he said, his head whipping back and forth.

"Then I'd think I saw a place to join in. I'd start running and the place would be gone. So I'd wait for the next place and then that would go by."

I could picture it exactly. The merry-go-round was never my favorite ride. It was OK if you were really little. Then your brother or sister would make sure you were in the middle and holding on tight to one of the handles. Sometimes the big kids would get it going so fast we'd slip to the edge and cling for dear life. I remember my brother grabbing me by the waistband once and hauling me back onboard when I was slipping off.

Once in a while, the other kids would stop the merry-go-round and let you on before they started it again. That was safer, but you couldn't count on it. You couldn't rely on the kindness of strangers.

That Marine told me he couldn't rely on his

wife for help either. "She'd be standing in the middle of that merry-go-round screaming at me to get on. Why aren't you on already?"

"So what happened?" I asked.

"We got divorced," he said with a shrug.

The problem is with families is that when someone pops off the merry-go-round for whatever reason, we can't or don't slow down long enough to get them on board.

But I know from watching my own husband reenter this family over and over that you can't wait for the right moment to get back on. You have to run as fast as you can and cast yourself onto the ride knowing that you will certainly skin a knee, bruise a kidney maybe crush the unseen rider.

I do try to slow the ride down a little. I scuff my shoes in the dirt so that we'll slow enough for him to climb back on. But I'm always reaching for the back of his waistband. Ready to lift him on board at the same moment he jumps.

A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with *CinCHouse.com* and the host of "The Jacey Eckhart Show for Military Families" (www.cinchouse.com/jacey).



Cartoon by Genesis Rivera
Grade 3, Age 8

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Smoke from barbecue fires causes evacuation of Gasteig concert hall

Special to the Bavarian News

Twenty-five hundred people were evacuated April 6 from the concert hall at the Gasteig due to smoke noticed in the air, interrupting a Bach concert.

The “fire” though, it turned out, was not in the culture center, but a few hundred meters further on the banks of the Isar River, from the many grills glowing there.

Grilling is not allowed on the more city-central parts of the Isar River for just this reason. The city has declared renewed controls on “wild-grilling” and there will be additions made to the 27 private security patrollers on the Isar.

These rent-a-cops have no personal authority, but will call the cops on you if you refuse to douse your coals when they ask you to. If the real cops get there, it will cost you. Fines can go up to a whopping €25,000!

Charcoal Grill Safety Tips

Each year, there are about 20 deaths from carbon monoxide poisoning and more than 300 emergency room treated injuries from CO poisoning resulting from charcoal grills.

Charcoal produces CO when

burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments. To prevent Carbon Monoxide asphyxiation, here are the following safety tips:

- Never burn charcoal inside of homes, vehicles, tents, or campers.
- Charcoal should never be used indoors, even if ventilation is provided.

Since charcoal produces CO until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.

Be sure to extinguish the coals, by securely closing the grill lid, or with water on the coals after cooking.

Never store any flammables (paper, cardboard, wood products) next to a hot charcoal grill.

Use only the minimum amount of proper charcoal lighter fluid. Store lighter fluid securely.

Do not allow children to play with matches or light the fire without adult supervision.

Gas Grill Safety Tips

Liquid petroleum gas or propane, used in gas grills, is extremely flammable.

Each year more than 500 fires occur when people use gas grills and about

20 people are injured as a result of gas grill fires and explosions.

Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill’s gas container.

To reduce these risks, consumers should:

- Check the tubes that lead into the burner for any blockage from insects, spiders, or food grease. Use a pipe cleaner or wire to clear blockage and push it through to the main part of the burner.
- Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can’t move the hoses, install a heat shield to protect them.
- Replace scratched or nicked connectors, which can eventually leak gas.
- If you detect a gas leak, immediately turn off the gas at the tank and don’t attempt to light the grill until the leak is fixed.
- Keep lighted cigarettes, matches,

or open flames away from a leaking grill.

- Never use a grill indoors. Use the grill at least 10 feet away from any building. Do not use the grill in a garage, carport, porch, or under a surface that can catch fire.
- When lighting the grill, keep the top open. If the grill does not light in first several attempts, wait 5 minutes to allow gas to dissipate.
- Never attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person.
- Consumers should use caution when storing LP gas containers. Always keep containers upright. Never store a spare gas container under or near the grill. Never store a full container indoors. Never store or use flammable liquids, like gasoline, near the grill.

To avoid incidents while transporting LP gas container, consumers should transport the container in a secure, upright position.

Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, causing the relief valve to open and allowing gas to escape.

Spotlight on Education



Name: Teri Follett-Motton

What grade/subject do you teach? READ 180-grades 4/5, math coach for K-5

Hometown: Glendale, Ariz., a Phoenix suburb.

How long have you been a teacher? 10 years

What do you like best about teaching? I am able to make a difference in a child’s life. It may be small or large, but it will be remembered.

What advice can you give students to help them succeed in school? No matter what happens in life NO ONE can take your education from you!

ID restricted items before PCSing this summer

by ROBERT SZOSTEK
USEUCOM Customs PAO

People moving to the States this summer should start preparing now by finding new homes for the things that are banned from import and applying now for import permits on restricted items since the process can take months, customs officials advise.

“Prohibited items include meat and meat products such as sausage, pâté and salami, as well as plants, flammable substances, poisons, destructive devices and explosives,” said Bill Greenwood, acting director of the U.S.

European Command’s Customs and Border Clearance Agency.

“If you’re planning on shipping firearms, ensure you have proof that you owned them in the States or have an import permit,” Greenwood added.

He also explained that other important points to remember are:

- Owners of vehicles not made to U.S. standards have to ship them through commercial importers registered with the Department of Transportation and Environmental Protection Agency. However, vehicles more than 25 years old are exempt from

that rule.

- Mopeds and motorcycles must also meet U.S. safety and pollution standards and all vehicles must be free of dirt, insects and vegetation.
- Wine collections can be shipped with some advance coordination with the transportation office.
- Endangered species items such as ivory, if registered, and some furs may only be shipped if owners can prove they were previously owned in the U.S.
- Prescription drugs and tobacco products are not allowed in household

goods, but can be taken on the airplane.

- State attorneys general must approve imports of gambling devices. These devices must be registered with the Justice Department in Washington D.C.

Need more details? Contact your local USAG-Grafenwoehr Customs Office at DSN 476-2106 and USAG-Hohenfels at DSN 466-2012 or check out the military customs Web site at www.hqusareur.army.mil/opm/uscustoms.htm.

IMCOM-E offers tips for shipping second vehicle

IMCOM-E press release

Normally, Soldiers and Department and Defense civilians with permanent-change-of-station orders are entitled to ship one privately owned vehicle at government expense from overseas locations.

However, many people nowadays have two vehicles, wanting to return home with both.

If so you will be paying out of your own pocket for it, said Robin Brown-Jones, Installation Management Command-Europe logistics division.

Plus, she said, preparing your car beforehand and finalizing all requirements “is a must.”

Brown-Jones suggests the following tips to ensure your second U.S.-specification POV is readied for shipping:

Prior planning is a must. There are several private commercial shipping companies available. But due to the high volume of summer moves, you should contact the commercial shipping company as soon as are certain that you will ship your second POV.

Get a free rate quotation.

A PCS move can be costly. Knowing the cost of shipping a second POV, months before you move, allows planning a budget accordingly. The price is normally all-inclusive and includes inland transportation costs to a port, German and U.S. port charges, and customs fees.

Have proper documentation.

Documentation normally needed to ship a POV from overseas is: PCS orders, vehicle registration, military or DoD identification.

Ensure the vehicle is clean.

All vehicles must meet U.S. Department of Agriculture inspection requirements prior to shipping – this is the law.

Specifically, vehicles must be free of dirt, soil, plant life, animal life and other organizational hazards.

This means the exterior, interior, engine, engine compartment and radiator.

The entire interior of the POV must be vacuumed, including the trunk area,

and all personal effects must be removed from the vehicle, even air fresheners.

“If your vehicle does not meet these standards, Brown-Jones stressed, “it will not be shipped.”

Drain fuel tank.

Ensure your vehicle has no more than a quarter tank of fuel at time of shipment.

Check your stickers.

The POV must be a U.S.-spec vehicle and have both the Environmental Protection Agency and Department of Transportation sticker affixed

The EPA sticker should clearly be visible in the engine area. It’s usually white with the word *catalyst* listed on the bottom.

The DOT sticker should be clearly visible in the door jam area. It, too, is usually white with the vehicle identification number and the month and year of manufacture listed at the bottom.

If your vehicle is missing either of

these stickers, normally due to extensive body work, repainting or customization, you must prove the vehicle was registered stateside, or provide a letter from the manufacturer to verify the vehicle is U.S. manufactured and complies with U.S. requirements.

As for European-spec vehicles, they must be shipped through a stateside certified independent commercial importer. A list is available from the EPA.

“This, however, can be an expensive process because the vehicle must also conform to EPA and DOT safety requirements,” Jeff Schott, IMCOM-Europe’s transportation office.

He added that it is important to remember that European-spec vehicles cannot be modified to U.S. standards while physically located overseas.

“Many European companies claim they can convert European-spec POVs to U.S specifications while the POV is still in Europe,” Schott said. “These claims are false.”

Deadline extended for Camp applications

Continued From Page 1

are designed specifically to meet the needs of teens and middle school youth with one or both active-duty parents deployed.

Middle school students in grades six through eight (during the 2006-2007 school year) whose active duty Army, Air Force, Navy, or Marine parent deployed between June 1 and February 28, 2008, are eligible to apply.

Students having just completed 8th grade are considered an 8th grader for camp attendance.

Complete information and the application form for Camp A.R.M.Y. Challenge are available online at www.mwr-europe.com.

Applications are accepted online only.

Further information on Army MWR programs in Europe is available at www.mwr-europe.com.



Dear Demetrius,

I have been exercising on and off for the past few years. Honestly... my problem is that I sweat heavily.

It is embarrassing at times and I am frustrated because I

thought if I work out my body would get healthier and sweat less. However, this does not seem to be the case, it seems like I am still sweating the same amount if not more.

Why is my body not slowing down or stopping the sweating the more I workout?

Signed,

"Sweating off the Pounds"
Kathleen

Dear Kathleen,

As you exercise, your body temperature becomes elevated by the increas in heat production from the consistent muscle movement of exercise.

The brain tells the body to send blood closer to the skin’s surface and to release the heat from the body.

It then tells the sweat glands to begin excreting sweat (water, sodium, chloride, and potassium) from varios areas all over your body.

The sweat then evaporates and provides a cooling effect to the body.

It is actually a myth that heavy sweating during exercise means you are not fit.

Profuse sweating could mean that your system is more efficient with the consistent fitness training you are doing, and as a result it sweats more and sooner so that the body does not store extra heat.

The difference between a sweating fit and sweating un-fit person is that the fit person may have a better developed system that has a lower rate of sodium loss in their sweat.

Don’t worry about the sweat. Just keep working out and developing that internal cooling system!

Good luck!

Demetrius

Send your nutrition and fitness questions to usaggnnews@EUR.army.mil.

Demetrius Willis is a registered dietician and a certified personal trainer.

2SCR variety show wows Vilseck crowd

Winners get two four-day passes, Oscar De La Renta package

Story and photos by JODI WARD
Staff writer

The 2d Stryker Cavalry Regiment's Regimental Support Squadron put on two nights of fun, free entertainment April 25-26 at the Vilseck post theater.

The Soldier's Variety Show was a combination of American Idol and Deal or No Deal. Seven acts performed twice per evening with a Deal or No Deal segment halfway through the show.

"It was mainly for fun, to boost morale, and to showcase many of the talents that the Soldiers in 2SCR have besides warfighter skills," said 2nd Lt. Justin Bowman, of 2d SCR's RSS.

The show's creator and host and the RSS commander, Lt. Col. Daniel Tilzey, explained.

"The purpose was basically to provide a fun, free, and clean entertainment event for our families. There was a definite need for it," he said, "and one that was not currently being filled."

Tilzey played host to the Vilseck crowd, taking on a Howie Mandel-like persona during Deal or No Deal, but handing out critiques during the Soldiers' acts that were reminiscent of the infamous Simon Cowell.

"Not bad, not too bad. I've seen better, but not bad," said Tilzey of one Soldier's performance. "My other job is on American Idol," he



RSS Soldier Variety Show first place winner, 2nd Lt. Jermaine Goodman, of 2SCR's 1st Squadron had the crowd dancing in the aisles April 25 at the Vilseck theater.

joked before announcing the following act.

Each night, in between the seven performers' first and second acts, a name was chosen, at random, from the audience to play Deal or No Deal. Moments after the lucky contestant was chosen, RSS Soldiers marched in with their numbered "briefcases," and took the stage.

Though the first night's contestant left with only an Oscar De La Renta

gift pack, the second night's Deal or No Deal player made a great deal and went home with one of the games top prizes—two four-day passes.

"The second night's game was much more exciting," said Bowman.

The second night of the show was also more exciting for the performers who were awarded. First prize went to 2nd Lt. Jermaine Goodman of 2d SCR, 1st Squadron. The soulful singer wooed the Vilseck crowd, dedicating



Sp. Nina Kazibwe, of RSS, sang "Fever" and was awarded third place at the RSS Soldier Variety Show April 26.

his performance of John Legend's "Ordinary People" to all of the couples in the audience. Goodman received a \$930 custom-made suit from Alexander's.

Second prize went to Spc. Tareva Joseph and Sgt. Juanita Johnson, both of RSS, who won over the judges with their a cappella versions of "His Eye is on the Sparrow." Spc. Nina Kazibwe, also of RSS, took third place, singing her rendition of



Elvis impersonator, Michael McAlpine, who came all the way from England to perform at the Soldier Variety show was a crowd favorite.

"Orange Colored Sky" and "Fever."

Though he didn't win, Tilzey's personal favorite act was that of Elvis impersonator Michael McAlpine, who traveled all the way from England to appear in the show.

No plans are in the works as of yet, but Tilzey said that he has "something up (his) sleeve," for the next RSS Soldier Variety Show. Until that time, Soldiers had better get their acts together!

EFMB

2SCR's Martinez named top female medic in USAREUR, Evans competes to inspire Soldiers

Story and photo by JODI WARD
Staff writer

Two of 2d Stryker Cavalry Regiment's best represented the regiment at the Army's Expert Field Medic Competition held at Fort Sam Houston, Texas, April 13-16.

Staff Sgt. Maribell Martinez and Sgt. Leon Evans originally decided to enter the Expert Field Medic Competition to motivate their Soldiers in the Regimental Support Squadron Med Troop to go for the EFMB.

The two were up against 27 competitors from various medical divisions, medical brigades, regiments, regional medical commands and the National Guard. All had previously earned the Expert Field Medical Badge or the Combat Medic Badge.

With little time for rest over the three-day competition, Martinez and Evans completed a battery of tasks, including:

- a physical fitness test;
- M16A2 rifle and M9 pistol marksmanship;
- a 100-question written test on medical subjects and Common Warrior Soldier Skills;
- navigation by map and compass to find 20 locations over 10 miles of hilly terrain, both in dark and daylight;
- a 12-mile foot march with rucksack, weapon, helmet and protective vest;
- and an 18-station obstacle course.

During the day/night "Top Medic Stakes" segment, competitors performed hands-on demonstrations of military communication skills, assembled the M9 pistol, prepared to fire the M136 AT4 anti-tank weapon, and responded to a cardiac arrest.

In a mock-Iraqi village, the medics were required to lead a squad through a mission, react to enemy fire, and retrieve, assess, treat and evacuate casualties with a variety of wounds.

"That was pretty difficult," said



Staff Sgt. Maribell Martinez (left), of 2SCR's RSS Med Troop was awarded top female Army medic in USAREUR. Med Troop's Sgt. Leon Evans also competed in the Expert Field Medic Competition held at Fort Sam Houston, Texas, April 13-16, hoping to inspire his Med Troop Soldiers to go for their EFMB.

Evans. "Insurgents were out there shooting at us. So it was hard, dealing with them and you're dealing with your patients at the same time."

"Yeah, that was the hardest part," agreed Martinez, who was awarded best female medic in USAREUR.

"The main reason we did this was to show that all of this training is for a purpose," said Evans. "The Soldiers weren't really motivated (to go for the EFMB) in the beginning so we decided to do this for them."

And it worked. RSS Med Troop sent 25 Soldiers to join approximately 250 others from all over Europe, for two weeks of rigorous practice and testing of their emergency medical treatment and Soldiering skills at Grafenwoehr's Camp Algiers.

Despite the daunting fail rates of EFMB testing (a recent EFMB test at Fort Hood had an 89 percent fail rate), both Martinez and Evans said that their Soldiers were well-prepared for the challenge. The experience

Martinez and Evans gained both from previous EFMB training and competing in the recent EFM Competition has given their Med Troop Soldiers an edge.

"We have been preparing our Soldiers since January," said Martinez.

"In March we had a little EFMB, covering everything they'll do (at the EFMB testing site)," said Evans. "We talked them through each task."

"Staff Sgt. Martinez and Sgt. Evans had a tremendous impact on our EFMB train-up program," said Maj. John McMurray of RSS Med Troop. "They served as the primary trainers for our week-long EFMB train-up field training exercise."

"Many of the lessons learned at the Expert Field Medic Competition were integrated into our successful training program," said McMurray.

On May 6, after an initial one-week training period, the Soldiers were given a 100 question written test.

During this cycle, eight out of 22 Soldiers from RSS Med Troop, and 20 of the 70 Soldiers from the regiment as a whole, passed and moved onto the field testing phase.

Though this seems like a small number, the regiment's pass rate did exceed the 30 percent written test pass average, coming in at 37 percent.

During the five days of testing, participants faced 42 tasks which were separated into three lanes.

The first lane consisted of 14 combat casualty care exercises, all of which must be successfully completed while under fire.

The second lane was made up of 13 common Soldier tasks, including assembling and disassembling a M9 pistol, and loading a non-standard vehicle, such as an M 998 High Mobility Multi-Purpose Wheeled Vehicle, or a five-ton Medium Tactical Wheeled Vehicle.

The third lane was the most physically demanding of the three. EFMB candidates had to carry litters over, through, and around obstacles, assemble, disassemble and perform a function checks on both an M4, and M16, and load casualties into a Stryker. Again, all of these tasks were conducted under fire.

Even those who made it through this intense lane testing must still finish the last test- a 12-mile road march- in the allotted three hour time period before receiving the coveted EFMB.

"There is no doubt that (Martinez and Evan's) involvement in the (Expert Field Medic) competition benefited and motivated our MED Troopers to go for the coveted Expert Field Medic Badge," said McMurray.

Though not everyone from 2SCR Med Troop will receive their EFMB this time around, the leadership and motivation Martinez and Evans provided their Soldier will, undoubtedly, keep them striving for excellence and will hopefully get them their badge one day.

Conference aimed at improving IT support

Special to the Bavarian News

The 69th Signal Battalion hosted an Information Management Conference at the Grafenwoehr Tower View Inn May 2.

The conference was intended for the Grafenwoehr, Vilseck, and Hohenfels' Information Technology communities and the main purpose was to provide information and updates.

"This place is going through a lot of changes," said Ray Ramirez, IT plans and projects officer for the S-3, 69th Signal Battalion. "The main purpose of the conference is to inform the community about the way we provide services, so we can do things better."

According to Ramirez, the participants in the conference were IT specialists who work in the local area.

It was designed for "people who provide IT support for their respective organizations, so they know how to best support their customers," said the commander of the 69th Signal Battalion, Lt. Col. Scott D. Baer.

Representatives from USAREUR and 5th Signal Command provided information on the Single DOIM implementation, Enterprise Services Office/Desk, Information Assurance, the USAREUR Automated Training Program, Telephone Control Officer functions, and the IT acquisition tool RAMIT.

"We were able to provide subject matter experts in all areas to inform the community what is happening in the IT area," Ramirez said.

The conference was important for the IT community because "the Army transformation impacts how we do business," Ramirez said. "This is changing the way we provide services, how we protect our network infrastructure, how we train the workforce and the way we purchase equipment in order to provide better customer service."

Get a clue at your local library

Summer reading programs set for end of school

IMCOM-E press release

Super sleuths and daring detectives are invited to do a little library investigating this summer. Adventures await readers at installation libraries, where children will find clues, solve mysteries and puzzles, and discover books during the Installation Management Command-Europe and U.S. Forces Europe summer reading program, Get a Clue @ Your Library, which begins once school ends in June.

“Each week, participating libraries will offer special programs and activities, encouraging kids to retain their reading skills while having fun,” said Meg Tulloch, IMCOM-Europe region librarian. “Kids will keep track of books they read to earn prizes and certificates.” Tulloch encourages parents to become involved by visiting libraries with their children to register for the program, and by surfing library Web sites that feature tips and activities for

families overall. “And, of course, libraries will always have books for children and their parents to check out for reading together,” Tulloch added. For more information, visit an installation library or log on to the following library Web sites for dates and times: www.usafelibraries.org, www.usafelibraries.org/kids/summerread2007.php, <http://www.library.ulinet.army.mil/>, <http://www.library.ulinet.army.mil/summerreading2007.htm>



Making the grade
Marinell Carrothers of the Vilseck Red Cross presents Korey Lotts and Shelley Cook with a certificate of appreciation May 1, at the Vilseck Theater. Both have recently completed the Red Cross sponsored dental assistant certification program, and now volunteer their services at the Vilseck Dental Clinic.



Members of the Grafenwoehr Military History Group attended the event with (center) George Patton Waters, grandson of Gen. George S. Patton Jr. Pictured from left are Rosie Crimems, Jim DiCrocchio, Waters, Kathy Henderson, and Robert Snell.

Pilsen Liberation Festival celebrated

Special to the Bavarian News

The Pilsen Liberation Festival took place in the city of Pilsen, in West Bohemia, Czech Republic with a special event called the “Thank you America! Main Remembrance Ceremony” May 4-6. Citizens and visitors from all around the world joined the Liberation Festival to mark the U.S. Army liberation of the town during World War II in 1945. General Patton gave the order to resume the offensive in West Bohemia, May 4, 1945. The 2nd and 97th Infantry Divisions and the 16th Armored Division pushed forward in the direction of Pilsen. American tanks appeared on the streets of the city the morning of May 6 to be greeted with immense enthusiasm by residents, something that still holds true for the American visitors today. The rest of Czechoslovakia was liberated from German control by the Soviet Red Army. General Patton withdrew a few days thereafter, in accordance with the agreement with the Allies. The Communist regime ensured that this liberation of Pilsen and Western Bohemia by the U.S. troops was mentioned fleetingly, if at all.

There was however a bronze plaque commemorating the liberation by the U.S. 3d Army nears the town center, where a remembrance ceremony still takes place today. Since 1990, the city of Pilsen has held a yearly liberation festival to honor those who fought to wrest control of Bohemia from the occupying forces. The festival has already become a local tradition and has been attended by many allied veterans, American war veterans, their families and military clubs from across Europe. Many events took place as part of the festival. The Patton Memorial Pilsen held an extended museum program that included lectures, screening of documentary films, exhibition of pictures and photos. On the three days of the festival there was a full day’s demonstration of 1945 American Army camp life with exhibition of weapons and army assets. A parade of American historical army vehicles, concerts, laying flowers and remembrance ceremonies also took place during the festival. The Grafenwoehr Library and the Grafenwoehr Military History Group participated for a second year in the celebration.



Cooking up a win
Camp Normandy (CSM Lawrence T. Hickey) Dining Facility won the U.S. Army Europe Philip A. Connelly Award Large Category DFAC for FY07. The DFAC will be inspected again on June 5 to compete for the USAREUR Connelly Award Large Category DFAC for FY08. If the DFAC wins, they will be eligible to represent USAREUR at the Department of the Army level competing against all other MACOMs worldwide.



Look for AFN online at www.afneurope.net/bavaria, or on the radio!

AFN Bavaria Radio Frequencies			Grafenwoehr	1107	101.4
Town	AM	FM			
Amberg	1107	90.0	Hohenfels	1485	89.4
Chiemsee		90.3	Nurenberg		107.4
Garmisch	1485	90.3	Katterbach		107.4
			Vilseck	1107	107.6

Never forget four pillars of NCO Corps

We talk about the values of a Soldier, of an NCO, all the time. But

NCOs need reminding of the four pillars of the NCO Corps: Courage, Candor, Competence and Commitment.

These are the traits junior Soldiers and officers seek in their NCOs.

There are two types of **Courage** – moral courage and physical courage.

NCOs put themselves in harm's way by leading Soldiers from the front in training and

combat operations. That type of physical courage instills respect from the junior Soldiers and prepares them to handle dangers inherent in combat.

But moral courage is a lot harder for NCOs to live up to. It's also the unpopular thing in many cases.

It's tougher to enforce standards when others are against you. Regardless of what people think about the situation or your rank, it's imperative that NCOs choose the hard right over easy wrong.

NCOs must have both moral courage and physical courage to be good NCOs.

As a leader of Soldiers, you must also have **Candor** – the ability to say things the way you see it without worrying about what people want to hear. I challenge you to tell the truth

even if you think somebody's not going to like it. If you tell the truth you cannot get in trouble.

I always ask the NCOs to tell me what's really is going on because they will always tell it like it is – and that is what candor is all about.

But to do that, NCOs must have the **Competence** to know what they are talking about. When people look at you, they know what is right no matter what you are doing. NCOs set the standard.

You cannot have *Candor* and you can not have *Courage* without *Competence*.

And all three of those qualities can not happen without **Commitment**. An NCO must give 100 percent all the time because people are counting on you and you cannot let them

down.

Soldiers can always tell if NCOs are living up to these four pillars. If you can embody these traits, you are good NCO – that is what everybody expects.

And most NCOs do possess these traits. Why else would all the NCOs stay in the military and achieve success?

Do your best to live up to these four pillars and keep setting the standard.

"Train to Win" and be "Army Strong!"

*CSM Jose Santos
U.S. Army
Garrison Hohenfels*

Robotics program slated at Hohenfels, helping save Soldiers on the battlefield

Story and photos by
GARRY BARROWS
Staff writer

"R2, see what you can do about that stabilizer."

Most of the robots we are familiar with are from Star Wars or other science fiction. Yet one of the most important facets of U.S. war fighting capabilities is the use of radio controlled vehicles, referred to as robots, used to find, analyze, disarm, remove, or neutralize improvised explosive device—one of the deadliest attack methods on today's battlefield.

Staff Sgt. Derek Fenstermacher is on a temporary duty assignment at the Joint Multinational Readiness Center in Hohenfels and is laying the groundwork for what will become a permanent unit to teach Soldiers how to operate and maintain these valuable weapons.

The Robotic System Joint Program Office, with combined elements of the Marine Corps and the Army actively participating, heads up this robotic maintenance and training unit.

Fenstermacher, originally from Tucson, Arizona, is an Army reservist who became involved with the program when he volunteered and was selected for "unspecified robotic" duty.

Upon his arrival at Redstone Arsenal, Alabama, for training, "they handed me a volt meter and a wrench."

From that beginning, Fenstermacher has become sold on the value of these mechanical warriors because they "save lives."

Fenstermacher has seen what these robots can do first hand during a May 2006 to January 2007 deployment to a repair base, positioned primarily to maintain and repair robots. The base is located in the Iraqi province of Al Anbar, home to the battle torn cities of Ramadi and Fallujah.

While there are a considerable variety of unmanned ground vehicles, two of the most important are the MARCbot IV and the TALON 3B.



TALON and 4 camera control screen gives a feeling of what you seen when operating the robot.

Both are radio controlled camera equipped robots, but each has a unique and specialized task in the field.

The MARCbot IV is a small, durable, and lightweight reconnaissance/optical inspection vehicle that can be placed in a Humvee and taken on patrol with any sized unit. It is nearly three feet long and 18 inches wide with four large ATV-style tires.

If something suspicious is observed, the unit will move off to a safe distance, secure the area, and then activate the MARCbot. Training Soldiers to operate this robot is exactly what Fenstermacher does and the new Joint Robotics Repair Team unit will do.

The MARCbot has a highly maneuverable camera attached to a control arm, capable of extending 38 inches in the air to observe inside a parked automobile, on a radio controlled frame.

The control unit has a high-resolution color display screen, which allows the operator to maneuver the vehicle within a 150 meter line-of-sight range. It has the power and durability to climb small hills and go over a curb.

If the MARCbot confirms the possibility of an IED, an EOD team is called in and they will bring the TALON 3B.

The TALON features four cameras, a control arm equipped with

a "grabber" that can lift up to 20 pounds, cruise speeds of four miles an hour, 120-pound towing capacity, and can operate up to three hours as far away as 400 meters on one set of fully charged batteries.

One of the cameras is located right next to the grabber so the operator can clearly view what kind of explosive issue is present and make precision movements in the examination and possible resolution of the device.

In some cases, "command" wires are attached to an IED to allow its detonation. By "ripping out" these command wires with the TALON's grabber, the explosive device can be deactivated. The unexploded IED can then be examined for fingerprints and

other evidence to the group or individual responsible.

Another camera is installed on the pan tilt mast, which can rotate 360 degrees with a 40-1 zoom lens. At the rear, there are firing circuits designed to allow the TALON to neutralize an IED through isolated command detonation.

Fenstermacher feels there is much to be gained from this kind of equipment and better training for operators.

"The majority of casualties we are suffering are from IEDs and vehicle based IEDs," noted Fenstermacher.

"Downrange, you are on duty 24-7. A unit of the 101st Airborne brought in a damaged MARCbot at 3 a.m.," said Fenstermacher. "They were leaving on a convoy at 5 a.m. and needed it fixed. It needed a new gear and the repair was done and they left on time."

"Two days later they brought back a little piece of melted wheel which was all that was left," he said.

Fenstermacher related the company commander personally came to see him.

"Thank God you were able to fix it and we had it with us. It saved lives," the commander told Fenstermacher.

There were many instances of this kind of story and results related to Fenstermacher and others at the repair base.

As successful as this kind of vehicle can be, the enemy reacts and changes tactics to attempt to neutralize effectiveness.

At one time, most IEDs were detonated by remote control, but counter-measures to neutralize their remote control signals were so effective, they have reverted to the command wires which, to some degree, make for less effective IEDs.

Constant improvement in this kind of valuable and effective equipment and training of personnel is allowing the Army to get a handle on and reduce the effectiveness of the IED as the primary weapon of the insurgency in Iraq.

Hohenfels' Junior Senior Prom a 'Night of Elegance'

by **ALEX LEMASTERS & ANTHONY COLANTUONO**
Special to the Bavarian News

May 5 marked Hohenfels High School's annual Junior Senior Prom.

This year's theme, "A Night of Elegance," was a perfect title for the 2007 prom, sponsored by the junior class.

The event set a standard that was met by its location—Amberg's five-star hotel Drahthammer Schloss.

Faculty and students were dressed to impress in their finest formal attire. Attendees lined the sides of the entrance and were escorted down a plush red carpet in front of a flowing fountain and into an elegant dining room.

White linen-covered chairs accentuated the white candle-lit

tables. Beautiful over-sized fresh, floating white roses served as elegant centerpieces.

During the three-course dinner, attendees socialized, ate, and shared laughs.

"The food was exquisite and the atmosphere was wonderful," HHS Councilor Kendon Johnson said.

Senior Kirsten Arnold mirrored the sentiment.

"Everything looked amazing," she said. "It was very elegant."

At 9 p.m., prom committee and student council member Joyce Rollins, flanked by junior class president Steven Vandal and vice president Shaun Redden, gave a speech welcoming classmates and faculty.

The king and queen's coronation

took place immediately after the speech.

Seniors Alex LeMasters and Cheryl Singleton won Hohenfels 2007's Prom Royalty, which they celebrated by sharing the first dance of the night in honor of prom tradition.

"I was surprised when I heard my name called because I didn't think I was going to win," said Singleton.

Those in the dance mood took to the floor in an adjoining luxurious piano bar room. A variety of music was provided by deejay Loui Bio.

During the festivities, there were surprise giveaways. Three students were randomly chosen and won raffle prizes. Senior Morgan Helbing received a \$30 AAFES gift certificate; junior Teia Atkins received \$20 AAFES gift certificate; and junior

Chris Elliot won a USB stick.

The festivities ended at 11 p.m., giving students another great high school memory.

Before leaving, guests took home a beautiful hand-blown Nachtmann crystal souvenir glass (from Neustadt an der Waldnaab) etched with the date and event.

"I thank the Lord it's over, but I'm glad that everyone who attend looked happy and had a great time," said junior class co-sponsor Paula Oesterreicher as she looked back over the event.

Seniors Alex LeMasters and Cheryl Singleton shared the first dance after being crowned prom king and queen.

Photo by B.J. Nicklin



Congratulations, Honor Roll students!

Elementary School Third Quarter 2006-2007

“A” HONOR ROLL
Anselmo, Chase
Deogracias, Peyton
Duvall, William
Halverson, Joshua
Hammer, Charlotte
Jackson, Sierra
Lezner, Courtney
Mallard, Anna
Maynard, Gavin
McKiernan, Rebecca
Nunn, Lexi
Peguero, Anderson
Redden, Erin
Ruiz, Shaina
Williams, Ralph
Zhelyeznyakov, Maksym

“B” HONOR ROLL
Albertson, Brittany
Astello, Melissa
Battley, Julian
Bone, Victoria
Bryant, Alayna
Bush, Ayleena
Cheeseboro, Marquis
Davis, Nathan
Diaz, Stefan
Eaddy, Gregory
Estrada, Jeremiah
Feliciano, Ivan
Ford, Jennifer
Gamble, Grant
Gamble, Katherine
Giorgatzis, Adriana
Giorgatzis, Maria
Godwin, Delaney

Gooden, Larissa
Grantham, Andrea
Hartfield, Cameron
Holcomb, Anthony
Howell, Emily
Johnson, Soren
Jorgensen, Olivia
Karafa, Frank
Krischker, Allen
Larumbe, Alexander
Mallard, Caroline
Mills, Gabriella
Morales, Julian
Ortiz, Johathan
Perryman, Alexis
Petty, Demetri
Pommerlee, Keera
Porter, Naomi
Ramirez, Hector
Randolph, Nicholas
Reid, Nicholas
Reyes, Justin
Roberts, Loraine
Rothbauer, Elisabeth
Rucker, Donovan
Ruiz, Shannon
Ryan, Robert
Sablan, James
Salerno, Kathleen
Sammler, Lukas
Sanchez, Destiny
Scott, Briana
Sligh, Kayln
Stribbling, Kristin
Thomsen, Anna
Trainer, Megan
Vass, Patrick
Walrod, David
Warner, Angelina
Warren, Essence
Whittingham, Andrew
Wiegas, Devon

Willey, Michelle
Williams, Latisha
Wright, Laquisha

.....

Middle School Third Quarter 2006-2007

4.00
Halverson, Ashley C
Luera, Priscilla
Ratcliff, Leyna M
Rodman, Meggie M
Schumann, Kathryn M
Wollersberger, Nina A

3.5-3.9
Akuna, Kimberlee M
Atwater, Terri K
Bowman, Sabrina R
Davis, Stephanie M
Feltz, Jessica R
Hoffman, Jocelyn C
Matheson, Rebecca
Brunnelson, Teresa
Holguin, Arielle A
Mallard, William T
Walrod, Grant K
Warren, Marisa M
Anselmo, Kaitlin N
Cox, Nina K
Herzig, Jane A
Hoeh, Amy E
Mendez, Gadiel
Metz, Tyler J
Mills, Alexandria K
Salazar, Maegan N
Sellers, Ian K

3.0-3.49
Bordelon, Brandon L
Espinosa, Milon M
Lehfeld, Caitlin A
Martin, Codruta
Reid, Luke J
Trainer, Lars C
Adams, Tori A
Coleman, Donovan M
Haws, Jonathan R
Leija, Stephanie R
Morales, Juan J
Ramirez, Briana M
Astello, Thalia G
Atkins, Leon T
Bronell, Katelyn M
Buchanan, Marlena N
DeLass, Sarah D
Garcia, Patrick J
Lewis, Taylor A
Martin, Ovidiu
Redden, Jeffrey D
Nelson, Ryan D
Rogers, Darryl E
Treadwell, Alexis L
Williams, Tahtiana R
Worrell, Carl J

.....

High School Third Quarter 2006-2007

4.00
Axon, Lyndy E
Vandal, Stephen A
Larumbe, Stephanie K
Vandal, Eric T
Greene, Meghan J

Holguin, Janelle
Matheson, Ryan J
Reyes, Christine K
Walloch, Jessica D

3.5-3.9
Adams, Emily G
Adams, Sarah E
Elliott, Alexander M
Herzig, Michael A
Nelson, Victoria A
Orozco, Sarai
Parks, Dana C
Grazier, Jessica L
Turner, Vanessa S
Artman, Tori D
Caples, Melissa J
Eaddy, Chauncey M
LeMasters, Alexsander P
Redden, Shaun M
Riera, Stephanie S
Rollins, Joyce A
Soumaoro, Idrissa
Walbroehl, Ashley M
Andino, Esselyn J
Helbling, Morgan J
Boldin, Amber J
Calhoun, Jazmine J
Caples, Mark H
Schumann, Kelani C
Simpson, Lisa M
Davis, ShaNonte K
Nicholson, Mica K

3.0-3.49
Camp, Gabrielle L
Cullum, Katelyn N
Davis, Nathan A
DeLass, Loisann A
Grantham, Alissa S
Hatch, Charlotte J
Helbling, Aaron J

Maupin, Max G
Mower, Tony L
Nelson, Emily M
Newell, Ian A
Oberlin, Kenneth E
Odum, Dameon M
Arnold, Kirsten E
Smith, Hannah G
Araujo Roper, Caio
Atkins, Teia J
Byon, Sung K
Flucker, Natascha L
Haws, Jannika P
Persaud, Valentyn
Petery, Sunny M
Reinick, Angela R
Wollersberger, Eric A
Rivera, Jose A
Hoss, Lucas A
Brunnelson, Laura M
Bryant, Zackary M
Buchanan, April R
Cullum, Victoria L
Denson, Bertram I
Elmore, Anthony W
Giller, Alesia M
Hoss, Mary C
Howard, Kimberly K
Salerno, Timothy W
Salerno, Lucas M
Simpson, Kevin C
Starnes, Kayla M
Taylor, Tiffanie R
Wells, Vanessa R
Williams, Joshua M
Artman, Tristan A
Cavanaugh, Christopher
Cavanaugh, Daniel J
Giller, Stephanie M
Jones, Valencia
Rivera, Augusto C
Smith, Leonrobert J
Mittag, Emily



by Maj. Boris Brglez

Community pets take top show prizes

Norbert Wittl and his Harris Hawk Whiskey celebrated with Best Dressed dog Ellie, the dragon, and Best Dog Trick winner Boone, the Labrador, who were the winners of the Hohenfels Pet Show May 5 at the Vet Clinic.

Learn to focus on the solution, not problem

NOTES ON FAITH By Chaplain (Maj.) Gail Porter

Hohenfels Family Life Chaplain

A researcher once spent some time interviewing people after they had unintentionally crashed an auto. He asked them what the last thing was that they remember looking at right before the crash. In a high number of the cases, the last thing the person had been looking at was the very thing they crashed into. In other words, they were so focused on the problem of how to avoid the tree or light pole, they crashed right into it. Sometimes, problems in life seem like that. We become so focused on the problem of avoiding something, we crash right into it. Focusing on a solution, rather than the problem itself, can be a much more effective way of dealing with troublesome situations. In the situation involving crashing a car, focusing on heading into an open area is an example of keeping the solution in

focus. If the driver focuses on heading into an open area, the driver will naturally avoid hitting anything. In family life or in personal situations, the solution can be similar. Focusing on what you would like to see happen, rather than what you don't want to see happen, can bring about much better results. For example, do you see the difference between telling a child to "stop being so lazy" and telling the child, "turn off the TV and play outside for 30 minutes?" Do you see the difference between "why can't you be on time for dinner at least once this week?" and "which night this week will you be home by 6 o'clock. for dinner?" In each case, the second example has a specific thing the person can do, and the problem is avoided. I have seen parents who are food shopping with their children use this approach well. Instead of saying, "don't touch that," or "leave that alone," they say, "please get me two cans of corn," or "please get a box of cereal and put it in the cart." If the children are focused on picking up and touching items the household needs, they are less focused on picking up and touching items that aren't needed. Keeping the solution in focus is an effective way to handle situations in your personal and family life.

ICE League April 2007

Place	Service Providers	Wins	Losses	% Win	Place	Service Providers	Wins	Losses	% Win
1	Turnbull Library	93	0	1.000	19	SATO	4	1	0.800
2	Security Office (S2)	27	0	1.000	20	Self Help	4	1	0.800
3	Drivers Testing	26	0	1.000	21	CYS	27	9	0.750
4	CDC	18	0	1.000	22	Bowling Center	8	3	0.727
5	Arts and Craft Shop	17	0	1.000	23	Community Mail Room (CMR)	5	2	0.714
6	Property Book Office	16	0	1.000	24	Education Center	5	2	0.714
7	Personnel Action Center	11	0	1.000	25	Housing	8	5	0.615
8	Community Events	10	0	1.000	26	Health Clinic	14	9	0.609
9	Dining Facility (USAG Hohenfels)	7	0	1.000	27	Dental Clinic	3	2	0.600
10	EEO	5	0	1.000	28	The Zone (Club)	13	10	0.565
11	Transportation Motor Pool (TMP)	5	0	1.000	29	MWR Administrative Service	6	5	0.545
12	Vet Clinic	5	0	1.000	30	DoDDS	9	10	0.474
13	Sunrise Lodge	165	1	0.994	31	Gyms (Post & Fitness)	8	10	0.444
14	ACS	72	1	0.986	32	Commissary	10	19	0.345
15	Olympia Fitness Center & Post Gym	76	3	0.962	33	DES	1	4	0.200
16	In and Out Processing (CPF)	19	1	0.950	34	USAG-H HQ	2	8	0.200
17	Community Activity Center (CAC)	75	5	0.938	35	AAFES	10	50	0.167
18	Auto Craft Shop	4	1	0.800					

What's Happening

Grafenwoehr/Vilseck Briefs

Red Cross courses offered

The following community training courses are available:

■ First Aid: Vilseck office, Saturday, 8 a.m.–noon, \$25

■ Babysitter's Training: Grafenwoehr office, May 21-23, 3:30 p.m.–6 p.m., \$35.00

■ Adult/Infant Child CPR: Grafenwoehr office, June 2, 8 a.m.–4 p.m., \$30.00

Pre-payment is required for all training classes. Stop by either the Grafenwoehr or Vilseck office to make payment (exact cash, check, or money order).

Call the Red Cross offices at DSN 476-1760, CIV 09662-83-1760 or DSN 475-1760, CIV 09641-83-1760.

Garrison School Update

Today: VES PTSA General Meeting at 3:45p.m. VHS SAC at 3:30p.m.

Tomorrow: Early acceleration for students must meet the following requirements: sponsor must provide PCS orders or a written request to the registrar at least 30 days prior to the departure date; the student must be in attendance up to and including the date of May 17; the student must complete all accelerated work requested by teachers and teachers must sign off that work is accepted and completed no later than one week prior to accelerated withdrawal date; and all students requesting an acceleration must have the approval of registrar, counselors, and principal.

Saturday: The Vilseck High School Falcon CYS Baseball team plays at Heidelberg at Patrick Henry Village.

Tuesday: GMS band and choir show at 7 p.m.

May 23: GMS DARE graduation at 2 p.m. GMS SAC at 3:30p.m.

May 24: Interagency Coordinating Council for Families with children with special needs or Families seeking information. Meet at 3 p.m. at EDIS Bldg. 316 in Vilseck, next to Bldg. 305, 2SCR HQ.

May 25-28: European Championship tournament for high school CYS baseball will be at Hohenfels.

May 30: GMS Memorial Day Speakers at 2:30 p.m. and GMS Volunteer Tea 3:15 - 4:15 p.m.

School Contact Numbers:

VES 476-2812
GES 475-7133
GMS 475-9500
VHS 476-2554
School Transportation 475-9525

Parent to Parent workshops

■ Today- Smooth Moves! Planning for a Successful Transition: A SKIES workshop while you wait—open to the public! At the Graf Field House, Bldg. 457, 4:45-5:45 p.m. Whether it is your child's first transition or just another of many, there is much you can do to help make the transition easier for you, your child and the new school. We will offer helpful ideas, tools and resources that can help your family as they anticipate a move or adjust to a new community.

■ Tuesday—Surfing the Waves of Education: A web-based workshop. Stop in anytime between 11 a.m.–1p.m. at the Vilseck Digital Training Facility, Bldg. 355. This workshop will help you become familiar with the many different electronic resources available to help the mobile military child as well as the college or career bound student.

■ May 30—Smooth Moves! Planning for a Successful Transition: Noon in the Vilseck CYS conference room, Bldg. 224. Research shows that the more involved the parent is in the child's education the more academic success the child experiences. Learn ways to become involved in your child's life in the classroom as well as in the community.

For more information, contact us at CIV 0175-648-2777 or GrafVilseckParent2Parent@yahoo.com.

UMUC-Europe Term 5 registration begins Monday

UMUC-Europe announces the beginning of Term 5 registration, Monday through June 1.

Students may visit UMUC-Europe online at www.ed.umuc.edu for a listing of Term 5 undergraduate and graduate courses leading to a certificate or associate's, bachelor's, or master's degree in a broad selection of disciplines.

On-site classes begin June 4 and end July 28, and online distance education courses begin June 4 and end August 19.

All students should complete a new Free Application for Federal Student Aid and a UMUC-Europe scholarship packet for the 2007-2008 academic school year.

Register now for force health protection conference

Registration is open for the largest Department of Defense public health gathering, the Force Health Protection Conference, held August 4-10 at the Galt House Hotel, Louisville, Ky.

The multidisciplinary conference, hosted by the Army Center for Health Promotion and Preventive Medicine, is open to the military and civilian public health community, including active-duty military, reservists, DOD civilians, Veterans Affairs and U.S. Public Health Service professionals, educators and business partners. There is no registration fee to attend.

Registration, the call for papers and the exhibitor prospectus are available at <http://chppm-www.apgea.army.mil/fhp>.

Required Army substance abuse training offered online

Per AR 600-85, all Soldiers are required to complete four hours of substance abuse awareness training during the fiscal year. Additionally, the requirement for civilian employees and supervisors is three hours of substance abuse awareness.

To assist Soldiers, civilian employees, and supervisors in meeting this requirement, several Power Point presentations have been developed for use on the Garrison Intranet at <https://intranet.grafenwoehr.army.mil>.

For additional information, call DSN 476-3469 or CIV 09662-83-3469.

Civilian/military training opportunities offered

The Civilian Human Resource Agency Europe, Human Resource Development Division offers professional development and training opportunities at various locations in Europe.

The courses are open to DA Civilians, LN's, and military. The tuition is free for these courses.

To check out more about the kind of training offered, course descriptions and schedule, go to our Web site <http://cpolrhp.belvoir.army.mil/eur/index.htm> click on "Training & Development" then click on "HRDD Courses in Europe. The course schedule lists current courses in Europe. The course description lists potential courses for Europe.

To enroll in a course, click on the enroll button to the left of the course date and title.

Your first step is to complete a Civilian Human Resources Training Administration System profile. You must create a student profile first before you register for any course.

For those who have completed a profile, check your e-mail address in CHRTAS. Due to the server migration, many e-mail addresses have changed!

Next upcoming course in the Vilseck area is June 5-6, Customer Service – DTF, in Vilseck.

Seats at the Digital Training Facility is limited to 16 people. Military members are encouraged to attend.

Tactical vehicles parking not allowed on Graf Main Post

Tactical military vehicle parking is prohibited on Grafenwoehr Main Post unless approved by the Commander, 7th U.S. Army Multinational Training Command. Areas such as the Main Post Theater parking lot and behind Burger King are no longer authorized parking areas. Call DSN 475-7166 for more information.

Polynesian dance group to perform May 30

May 30: The Polynesian dance group will perform native and cultural dances in authentic dress and costumes.

A Mongolian style barbecue will also be available. The event is at the Rose Recreation Center, Bldg. 227. The barbecue begins at 5 p.m. and is pay-as-you-go. The show starts at 7 p.m. and is free to all.

For more information, call Neville Paschall at DSN 475-6519 or e-mail neville.paschall@us.army.mil.

Motorcycle safety day set

May 23: Attention Motorcyclists.

Meet at the Vilseck Theater at 9 a.m. This is an all day event. Lunch will be at a local restaurant – cost is 10 Euro. Ensure your gas tank is full. Call Garrison Safety 475-1470.

Federal Women's Program to be held at Grafenwoehr

May 24: Join us at the Grafenwoehr Chapel Annex:

■ Training for Mentors- 8:30 -11:30 a.m. All civilians (LNs, contractors, civil servants) with three or more years experience in federal service are welcome to become mentors. Call Joy at the Command Chaplain's Office at DSN 475-1370 to reserve your spot.

■ Speaker's Bureau Brown Bag Lunch: Noon. Sylvia Durcholz GS-14 from the IMCOM-E G-3 will speak on her experience in civil service from intern to GS-14. All are welcome and no reservation is necessary.

ACAP services scheduled

Are you separating or retiring from the Army soon? The Army Career and Alumni Program can help you in making your career decisions. ACAP Services include: mandatory pre-separation brief, transition assistance workshop, resume classes, job assistance training, and individual counseling. Spouses are eligible for ACAP services as well. Call DSN 476-2055 today.

Today: VA Briefing: 8 a.m. to noon at Vilseck Theater.

Tuesday-Wednesday: TAP Workshop: 9 a.m. – 4:30 p.m. in Vilseck.

Arts and crafts contest for 2D and 3D artwork held

Enter your best 2D or 3D artwork in the annual Army Arts and Crafts Contest to compete for cash prizes against the best artists and artisans in the Army. Contact the MWR Heart and Home Craft Shop, Bldg. 607 at DSN 475-6101. The deadline for entries is Tuesday.

PPPO advices contact as soon as orders are received

The following notice applies to the shipment of household goods, unaccompanied baggage, and personally owned vehicles. In preparation for the summer shipping season; we advise all Soldiers, civilians, and family members to contact the personal property processing office immediately upon receipt of orders.

The PPPO is located in Vilseck, Bldg. 700, and can be reached at DSN 476-2668 (inbound) and DSN 476-2860 (outbound). POC is Mr. Hans Hoesl, DSN 476-2529.

OCS board dates announced

The 7th US Army Joint Multinational Training Command Officer Candidate School Board will be conducted on July 10 at 9 a.m. in Bldg. 109, 2nd floor conference room.

Soldier's packets are due to the G1 not later than June 22. Ensure that all packets are thoroughly reviewed prior to submission. The point of contact is SGT Aviles, Felix at DSN 475-7095.

Hohenfels Briefs

Town Hall set for tonight at 5 p.m. in the CAC

The entire Hohenfels Community is invited to attend the quarterly Town Hall Meeting tonight at 5 p.m. in the CAC.

If you attend, you will receive information from agencies all over the community regarding events and activities over the next three months.

Military Clothing Sales expands selection

We have now expanded the Class A uniform and add more Dress Blue uniforms and accessories. Special order available for sizes too.

Health clinic announces hours for sports physicals

The health clinic will be holding Saturday clinic hours from 8-11 a.m. on June 2 and August 25 for CYS and high school sports physicals. Note that these days are specifically for sports physicals and not for yearly school or CDC physicals or for well-baby/children appointments.

Learn to Swim Camp 2007

Children's swimming lessons taught in English by American instructors, conducted by the Hohenfels Hurricanes Swim Club. Don't miss out on this year's Learn to Swim Camp.

Camp will be held Monday- Friday, May 21-25, 4-6:30 p.m. at the Berching Swimbad and is designed for beginner - advanced beginner swimmers. For more information, see our Web site, hohenfels-hurricanes.org or contact us at hohenfelsswims@yahoo.com.

Speed limit reduced

Due to multiple dangerous incidents regarding failure to slow down when passing troop formations on Academy Road, the speed limit has been reduced to 30 KPH.

Hohenfels celebrates Asian Pacific Heritage Month

May 23, 1:30-3:30 p.m. at the Community Activity Center, Bldg 40.

Featuring the "Island Dancers" performing 45 minutes of native dance and a fire performance. Enjoy food sampling of a variety of authentic cuisine to include traditionally styled roast pig and many cultural displays. CSM Patrick Akuna of the 1-4 Infantry Battalion is guest speaker.

Baseball tourney gives youth good volunteer opportunity

The European High School Baseball Championships will be held May 25-28. Youth Sports is looking for volunteers to assist on the baseball fields, with the teams, and for set up and tear down. Ready to swing into action? Give Youth Sports a call Monday-Friday, 8 a.m.-5

p.m., at DSN 466-2488/2558 or CIV 09472-83-2488/2558.

Need more information about volunteering? Call the Army Volunteer Corps Coordinator, Lara Clagett, at DSN 466-4088 or CIV 09472-83-4088.

2007 JMRC Spring Golf Classic slated for June 1

Get your clubs ready for the Service Credit Union's 2007 JMRC Spring Golf Classic, Friday, June 1 at the Schmidmuhlen Golf Course.

Four-person teams cost is 45 Euro per player (20 Euro for registration and 25 Euro greens fee for non-members), 8 a.m. shotgun start, arrive no later than 7:30 a.m.

Registration deadline is May 28, and is open to all U.S. ID cardholders. For more information, call DSN 466-2868 or e-mail: bill.craven1@us.army.mil.

Club Beyond offers Italian summer beach trips

Club Beyond Hohenfels will be taking high school youth to Camp Darby, Italy, June 14-21.

The next week (June 23-30) is middle school week for youth in 7th and 8th grade.

If you are interested in attending alongside other high and middle school youth from military installations across Europe, then contact Chris Howard as soon as possible to reserve a spot. The cost of the trip is \$375.

If you have any questions, contact Chris at DSN 466-4793 or CIV 0151-1494-3311 or e-mail him at christopher.s.howard@us.army.mil.

Chaplain Happenings

■ **Protestant Women of the Chapel Final Program** is Tuesday at 9 a.m. at the Hilltop Chapel Center. The newly elected board members will be installed. We will have a brunch to show appreciation to those who minister in the community. Watch care is provided for children aged 6 wks-5 years. POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.

■ **Adoration of the Blessed Sacrament** is held the last Friday of each month in the Blessed Sacrament Chapel from 8:30 a.m. to 3 p.m. The next Adoration is scheduled May 24. Contact the Catholic Parish Coordinator office at DSN 466-2226 or CIV 09472-834793.

■ **H20 Discipleship Group** for teens in Junior High or High School meets Thursday evenings at 5 p.m. The current theme is relationships. POC is Chris Howard, Club Beyond representative, at DSN 466-4793 or CIV 09472-834793.

■ **Catholic Women of the Chapel** meet for Bible study Thursday mornings from 9:30-11:30 a.m. at the Hilltop Chapel Center. For more information, call the Catholic Office at DSN 466-2226 or CIV 09472-83-2226.

■ **Christ's Commandos (C2)** is church just for kids. We meet in the Post Theater on the 2nd, 3rd, and 4th Sundays of the month, 10:45 a.m.- noon. We have skits, puppets, music, and games.

Got RISK?
<https://oro.army.mil>

Preliminary LOSS REPORTS
for the week of 12-18 APR 07

3
U.S. SOLDIERS
DIED IN
ACCIDENTS
• 2 Soldiers Injured

own the EDGE
Leading on the Edge

LOSSES

• A Soldier was injured in a motorcycle accident Apr. 12 at approximately 0630 local near Pierce, Wash. The Soldier was commuting to work on his motorcycle and waiting at a controlled intersection to make a left-hand turn when he was rear-ended by a car and thrown from his motorcycle. He was wearing the required PPE and had attended an Army-approved Motorcycle Safety Foundation Course. (DDO2) • 1 Soldier Injured

• A Soldier was injured in a motorcycle accident Apr. 12 at approximately 1915 near Pierce, Wash. The Soldier was operating his motorcycle when he attempted to turn onto an exit and lost control of his motorcycle causing him to crash to the pavement. The weather conditions at the time of the accident were dark with rain, street and hail resulting in wet and hazardous road conditions. He was wearing the required PPE and had attended an Army-approved Motorcycle Safety Foundation Course. (DDO2) • 1 Soldier Injured

• A Soldier was killed in a motorcycle accident Apr. 17 at 1430 local in Canton, Ky. The Soldier was operating a 2006 Suzuki Hayabusa 150X1300R motorcycle at a high rate of speed when he lost control of the motorcycle while negotiating a curve. The motorcycle left the roadway and hit a rock embankment and then came to a stop by a tree. The Soldier had taken an Army-approved Motorcycle Safety Foundation Course and knew the PPE requirement but chose not to wear a helmet. The Soldier had received a motorcycle safety face-to-face counseling with his supervisor in accordance with FORSCOM's "Privately-Owned Vehicle/ Motorcycle Safety Memorandum." He was pronounced dead at the scene. (DDO1) • 1 Soldier Killed

• A Soldier was killed in a Range Live Fire accident Apr. 18. The Soldier was the first in line on a four-man team conducting room clearing procedures during a live-fire exercise when he was shot. PPE and night vision devices were being used. The Soldier was pronounced dead at a local medical facility. (DDO1) • 1 Soldier Killed

• A Soldier was killed in a vehicle accident Apr. 18 at approximately 2254 local in Oklawaha, Tenn. The Soldier was the driver of a 2002 Jeep Cherokee when he lost control of the vehicle. The vehicle left the roadway, struck a guard rail and traveled along it for a short distance before rolling over into a grassy area adjacent to the roadway. The Soldier was not wearing a seat belt and was ejected from the vehicle. He was pronounced dead at the scene. A small child and two adults that were passengers in the vehicle are in critical condition at a local medical center. Only one adult was wearing a seat belt. The child was not in an approved child seat but buckled into an adult seat belt. (DDO1) • 1 Soldier Killed

Community Spotlight

What’s Happening

Ansbach Briefs

AER drive in full swing

The head of the Army Emergency Relief donation campaign reports that the drive is going well, but there is still time to make this one of the most successful years on record in Ansbach. The garrison met its \$30,000 goal and now seeks to break its all-time record of \$36,193. To contribute to the program that helps Soldiers, retirees, and civilians help Soldiers in need, see your unit representative, or call Sarah Tipple at DSN 467-2064 or CIV 09802-83-2064.

Thrift Shop closed tomorrow, May 17, 22, 24

Due to block leave, the Illesheim Thrift Shop will be closed tomorrow, May 17, 22 and 24. During this time consignments will be taken by appointment only.

Beginning in June, opening hours are Tuesdays from 11: 30 a.m. to 3:30 p.m., Thursdays from noon-5 p.m., and every first Saturday of the month from noon-3 p.m. instead of the last Saturday.

The Thrift Shop also seeks volunteers to support the opening hours. Child care costs can be reimbursed.

For more information, call Mandie Doak at 467-4578 or 09841- 834578 during opening hours.

YS hosts teen dances

Youth services hosts two dances for youth and teens in the community.

Illesheim Youth Services hosts a 6th Grade Gala Friday from 6-8 p.m. for all fifth and sixth graders. The event costs \$2 payable at the door. For more, call CIV 09841-83-4703.

A high school dance takes place May 25 from 7-10 p.m. at the school for all ninth-12th graders. The event costs \$2. Transportation will be provided from Storck Barracks with a parental permission slip. For more, call CIV 09802-83-2395 or CIV 09841-83-4703.

Flower pots need care

The Illesheim Area Support Team says it has numerous flower pots around Storck Barracks in need of people to donate their time and energy to maintain. Interested people or organizations who would like to help keep Illesheim beautiful should call the AST at DSN 467-4515 or CIV 09841-83-4515.

Portrait studio ready for business

Cobbled Corner Crafts includes a portrait studio that specializes in family and baby portraits. The studio is open Thursdays 3-8 p.m., Fridays noon-5 p.m., the first Saturday of each month 10 a.m.-6 p.m., and the third Sunday of each month 10 a.m.-6 p.m. For more, call DSN 468-7627 or CIV 0981-183-627.

YS takes NFL-Europe trip

Youth services hosts a trip to see a Frankfurt Galaxy football game May 26 noon-11 p.m. Transportation is provided by youth services, but parental permissions lips are required. The event is open to all registered youth in grades six-12. There is limited seating and it will be given out on a first-come, first served basis. For more, call CIV 09802-83-2395 or CIV 09841-83-4703.

Help for new parents

USAG Ansbach Army Community Service offers a New Parent Support Program to help community members cope with stress, manage the demands of parenting—including single parenting—build a support network and find services in the community that can help them.

The free program is open to all parents with children three or younger, even if there are older children in the home. NPSP is staffed by a licensed clinical social worker and provides one-on-one support for new parents.

The services include home visits, labor and delivery classes, parenting classes, playgroups, referrals to other resources and counseling.

For more, call DSN 467-2516 or CIV 09802-83-2516 in Katterbach, or DSN 467-4752 or CIV 09841-83-4752 in Illesheim.

Programmed to help

USAG Ansbach Social Work Services has numerous programs to help Soldiers and their families deal with deployment and general life stressors.

SWS offers a stress management group Thursdays 1-2:30 p.m. and an anger management group Wednesdays 1-2:30 p.m. in Bldg. 5817 on the second floor.

SWS also has several programs that deal especially with deployment, like Beat the “Bye Bye” Blues—learn how to thrive, not just survive, the challenges of deployment—and a Warriors Group for Soldiers with post-traumatic stress disorder or combat-related stress. SWS also conducts family readiness group briefings to meet the needs of unit FRGs.

For more information on these or other programs offered through SWS, call DSN 467-2850 or CIV 09802-83-2850.

FCC experts provide training in child care

USAG Ansbach Family Child Care offers community members the opportunity to make money by providing child care services in their home. FCC experts offer the necessary training and certification to become a FCC professional. Also, FCC recruits for trained and certified professionals to care for infants and toddlers.

FCC professionals participating in the Infant Food Program will receive \$75 each month. Reimbursement for children four weeks to 17 months is \$250 a month and the monthly reimbursement for children 18 to 36 months is \$150. A lending library for this age specific group is available from FCC free of charge.

For more information on operating an infant or toddler child care home or on becoming a FCC professional, call Stacey Middleton at DSN 467-2536 or CIV 09802-832-536.

Local OCS board dates set, turn in application by June 8

USAG Ansbach is hosting an Officer Candidate School board July 10 and 17 at 9 a.m. in the security conference room in garrison headquarters, Bldg. 5253, on Barton Barracks.

The board will select local Soldiers to go on to compete at the Army-level board in September. Applications are due to USAG Ansbach Directorate of Human Resources no later than June 8. Application guidance is posted on the Army Human Resource Command website at <https://www.hrc.army.mil/site/active/index2.asp>.

For more information, call Mohamad Alkadri at DSN 468-7730 or CIV 0981-183-730 or e-mail mohamad.alkadri@eur.army.mil.

Early intervention aids child development, EDIS says

Educational and developmental intervention services offers community parents early intervention services designed to support families who have concerns or questions about their infant’s or toddler’s development.

EDIS officials said early intervention providers can help families identify if their child has a delay through an evaluation of the child’s current abilities. If your child has a delay, your family may be eligible for early intervention services.

The goal of early intervention is to make sure that all children are ready to learn when they reach school age, said EDIS officials.

If you are concerned with some aspect of your child’s development or have questions about child development, please stop by the EDIS office in Bleidorn Housing, Bldg. 5083 (next to the library) or call DSN 468-7811 or CIV 0981-183-811 to schedule an appointment.

Free training offered for respite care providers

The USAG Ansbach Exceptional Family Member Program seeks respite care providers to give families with members with special needs a break from their daily routines and stresses. Respite care providers earn extra income while helping family members with special needs. Training is provided and background checks are conducted.

Also, families enrolled with EFMP who meet eligibility guidelines can sign up to receive respite care.

For more, call EFMP at DSN 467-2516 or CIV 09802-832-516.

Avoiding back-up accidents easy with safety tips

Garrison safety officials report that there has recently been an increase in the number of accidents within the community involving people backing up. Here are some tips from the safety

office to help keep you from joining the accident club:

- Use a ground guide
 - Walk around the vehicle to make sure you have the needed clearance
 - Give your employees vehicle operations on-the-job training
 - Keep it slow when backing up
 - Risk Management POV Toolbox
- For more safety tips, call DSN 468-1670 or CIV 09802-83-1670.

Bamberg Briefs

Commissary parking lot lights to be replaced

Throughout the month of June, the Commissary parking lot lighting will be replaced. Parking will be affected intermittently during the work. However, traffic patterns and pedestrian access will not be changed. We apologize for any inconvenience.

Heating lines replaced in Flynn Housing area

Beginning end of May through mid August, heating lines will be replaced at various locations along Maple, Beech and Elm St. Work will be at or near Bldgs. 7659 through 7666, and 7645, 7656, 7658. No service interruptions expected.

V.A. benefits briefing slated for Tuesday

ACAP is offering a VA Benefits Briefing on Tuesday from 8 a.m. to noon at the Post Movie Theater. The briefing will explain what programs and services are available through the Department of Veterans Affairs. Ask the experts! Open to entire military community. Additional VA Briefings are scheduled on June 19, July 24, and August 28.

Adult volunteers needed for scouting programs

The Bamberg Boy Scouts is in need of adult volunteers immediately. Help support a fun-filled, worthwhile program that teaches values. For more information on how to become a BSA volunteer or troop leader contact Carlos Lopez at CIV 0151-111-85141 or Erik Verhoef at CIV 0170-668-7458.

Join Boy Scout Troop 40

Boys ages 11 through 17 are invited to join Bamberg Boy Scout Troop 40. The troop meets on Tuesdays at 5:30 p.m. at the scout hut located in Bldg. 7480. For information or to join Troop 40 contact Carlos Lopez at CIV 0151-111-85141 or Erik Verhoef at CIV 0170-668-7458.

Bamberg Education Center registration for Term V begins Monday

Registration for Term V (June 4 through July 28) is open. Contact the Bamberg Education Center to sign up for college courses with the University of Maryland College or Central Texas College. Classes are offered during lunch, evenings and weekends. Education: Your future, our profession – let a counselor help you today. Call DSN 469-7715.

Take next FAST class

Preparing to take the GED or just need to polish up on your math skills? Sign up to take the next FAST Class June 1-July 3. Class runs Monday-Friday, 9 a.m.-noon.

Soldiers must take the TABE 7D prior to enrollment. Stop the Education center to pick up a memo for your commander to sign. Family members may attend on a space available basis.

Contact the Bamberg Education Center for more information at DSN 469-7715.

Contact Health Clinic via e-mail

Bamberg Health Clinic patients can contact the Health Clinic by e-mail to cancel an appointment or submit a comment / complaint. Executive Officer Lt. Benko will personally read the e-mails every morning. When cancelling an appointment via e-mail please include you name, last four digits of the sponsor’s social security number, and date of appointment / incident and a return phone number.

The e-mail address is: BBGhealthcare@amedd.army.mil.

BES May newsletter now available online

The May edition of the Bamberg Elementary School newsletter is available online at <http://www.bambes.eu.dodea.edu/> A copy may also be picked up at the school.

Register now for May yard of the month competition

It’s time to spruce up the lawn and register for the May Yard of the Month contest. All base residents can compete.

Yards and balconies will be judged on landscaping, creativity, and beautification. Participants must register through the Housing Zone Coordinator, SSG King, at DSN 469-7946, or CIV 0162-270-9268, or your stairwell or building coordinator.

Deadline for registration is May 23 at 3:30 p.m. Win an AAFES Gift Card and a sign of recognition for your yard or balcony. Judging will begin the week of May 28. Winners will be announced in June.

Self-Help can make your yard a winner

The Bamberg Self-Help store can make your yard a winner! Stop by Self-Help and pick up free potting soil, (limited to three bags, per household, per year) flower boxes with brackets, grass seed, and mulch.

Open Monday-Friday, 9 a.m.-4 p.m. Closed on weekends and all German and American Holidays. Additional lawn and garden care items can be purchased at the Bamberg AAFES Garden Center.

Correct use of CMR address required to receive mail

You must use a proper four-line military address to receive items at your CMR or mail items at your APO, regardless of where your unit or community mailroom is currently located.

As of March 1, new box numbers were issued. If you have been assigned a new CMR address and box number, start using it now. If you have not been assigned a new box number, inquire at your unit mailroom immediately. A cut-off date will be put into effect and improperly addressed mail will be returned to sender.

Example:
Rank and name: SGT. Johns
Customer
Unit Designation: HHD, 5th Engineer Bn
CMR and box number: CMR 459, Box 01234
APO number and plus 4: APO, AE 09139-1234
The plus 4 digits following the APO number are the last four numbers in your box number.

Battlemind II briefings offered once a month

Bamberg Social Work Service conducts Battlemind II briefings the first Wednesday of every month at 9 a.m.

The briefings are for Soldiers that have been re-deployed for 90 days or more and need their Post Deployment Health Readiness Assessment. Once Soldiers complete the briefing, they are sent to the health clinic to be cleared from MED-PROS.

Additional Battlemind II briefing dates: June 6, July 11, August 1, September 5.

For more information contact Candice Keith at DSN 469-7793/9016.

Commissary case lot sales set for May 26-27

Buy more, save more at the spring commissary case lot sales. Bamberg’s case lot sale is May 26-May 27 from 11 a.m. to 6 p.m. Come out early, stock up and save.

Vote on Bamberg Elementary dress code policy May 21-25

Have your say! Voting on the Bamberg Elementary School dress code policy will be held in the elementary school lobby May 21-25, 8-10 a.m. and noon-1 p.m. and May 29-30, 8-10 a.m., noon-1 p.m., and 5-6 p.m. One vote per family with children attending BES during school year 07/08.

For more information, contact Kim Kozel, School Liaison Officer, at DSN 469-7891 or CIV 09510300-7891.

Schweinfurt Briefs

Ballet classes available

Interested in learning ballet? Classes are held Tuesdays and Thursdays 5-7 p.m. at Leighton Barracks, Wuerzburg. Cost is \$35 per month for one class a week or \$60 per month for two classes a week. For more information, call DSN 354-6460 or CIV 09721-96-6460.

Middle school flea market

Come to Schweinfurt Middle School Saturday 10 a.m.-3 p.m. for fantastic flea market finds! Food will also be available.

AFTB level I class scheduled

Attend the Army Family Team Building level 1 class May 29 – 31 in the Ledward Yellow Ribbon Room. Get oriented with the basics of Army living. Topics include military acronyms, chain of command, Family Readiness Groups, and more. For information or to sign up, call ACS at DSN 354-6933 or CIV 09721-96-6751.

MWR offers fishing trip

Go fish! Join MWR for a fishing trip to Gersfeld May 28 and catch come Rainbow or Brown Trout. Trip leaves at 8:30 a.m. and returns by 5 p.m. Cost is three euro for a one-day permit plus seven euro per kilo of fish caught. Rods are available for rent, and bait is available on site. For more information, call DSN 353-8476 or CIV 09721-96-8476.

Family fun run held May 26

Bring the whole family out for a run at Kessler Fitness Center May 26 at 9 a.m. Adults compete in the 10 kilometer run, and kids can run a two, three, or five kilometer run. Open to all I.D. card holders ages six and older. Call DSN 354-6735 or CIV 09721-96-6735 to sign up.

SAS opens Saturday

Schweinfurt School Age Services offers a special opening Saturday 9 a.m.-noon. This month, children will celebrate Asian-Pacific Heritage Month. Sign up in advance. Call DSN 354-6974 or CIV 09721-82181. Children must be registered with Child and Youth Services.

Train to be a sponsor

Attend sponsorship training at Leighton ACS Monday or Schweinfurt ACS May 23, 9 a.m.-noon. Help soldiers and their families who are new to the community. This class will give you useful information to become a successful sponsor. Call for more information DSN 350-7103 or CIV 0931-889-7103.

Memorial Day ceremony set

Join 2nd Brigade and the Veterans of Foreign Wars May 24 at 11 a.m. for the 2007 Memorial Day ceremony at the 2nd Brigade memorial, across from 2nd Brigade Headquarters, on Conn Barracks. Come listen to special guest speaker CSM Ralph Beam of V Corps. Immediately following the ceremony, join the BBQ on the lawn behind the Conn Community Club.

Learn first aid and CPR

Sign up for an American Red Cross class to learn how to save a life or what to do in an emergency. Come to the first aid, CPR, and adult AED class in Schweinfurt tomorrow or the CPR and adult AED class in Wuerzburg Saturday. Call the Red Cross for more details or to sign up at DSN 354-1760 or CIV 09721-96-1760.

Ledward main exit gate closed for construction

The Ledward Barracks main exit gate onto Niederwernerstrasse remains closed for renovation to all vehicle and pedestrian traffic. The construction is estimated to last until mid-August. To accommodate this closure, the east exit gate is now open 24 hours, and the west gate will serve as an entry and gate, also 24 hours.

ODR offers group trips

Group trips can be arranged through ODR for 7-50 people. Three weeks’ notice is required for multiple-day trips, with full payment due two weeks prior to departure date.

For one-day trips, a minimum of one week’s notice is required, with full payment due two days prior to departure date. In Schweinfurt, call CIV 09721-96-8080 or DSN 353-8080; in Wuerzburg, call CIV 0931-889-6305 or DSN 350-6305.

Experience Munich's colorful history

by KATIE COWART
Assistant Editor

Living in Bavaria provides easy travel to quite a few of Europe's "must-see" cities. Munich is one of these cities.

Germany's third largest city and the capital of the German Federal State of Bavaria was first mentioned in writing in 1158, and became an official city, complete with fortification, in 1175.

There was settlement in the Munich area during Roman times, however, so it is likely that the famed city is even older.

Munich is located near the Alps, so visitors are advised to bring an umbrella and a jacket, no matter what season, because the weather can change rapidly and unexpectedly.

The city offers many historically important and artistically attractive sites, makes an excellent vacation destination, or due to its close proximity an opportunity for fun-filled day trips.

One of the most well known sites in Munich is the **Frauenkirche**, located in the city center. It serves as the cathedral for the Archdiocese of Munich and Freising.

Construction started on the Frauenkirche in 1468, and it took 20 years to complete it.

The towers were added later, in the 16th century. Though Munich underwent extensive bombing during World War II, the two towers survived, making them more than 500 years old.

Standing at 99 meters high, they serve as the marker for building height limitations. No building within the Munich city limits can be taller than the towers.

After World War II, Munich had to decide how to rebuild. The city had to make the important decision on which style the rebuilt buildings would take.

Should they be restored to their original designs, or should they reflect modern architecture?

After much debate, the old buildings that were damaged by bombing were rebuilt in their original style.

The city center is called the **Marienplatz**, named for the Mariensäule, or Marien Column, which is the center column of the city hall building.

The city hall, in German called the **Rathaus**, is worth a visit as well. The **Glockenspiel**, or clock, located in the front of the Rathaus puts on a show at several intervals throughout the day.

The Glockenspiel does not "come alive" every hour, so check the times posted in front of the Rathaus, and be sure to get to the courtyard early to enjoy the show!

An information desk for tours and attractions around Munich is also in the Rathaus, so if you don't know where to start, this would be a good place to get ideas or more information about a city tour.

Located in the basement of the Rathaus is the **Ratskeller**, which in my opinion is one of the best restaurants Munich has to offer.

The menu offers traditional German cuisine and excellent service. There is even a small pub area where patrons can enjoy an afternoon break and sip a Weissbier, or white beer, that Munich is known for.

Near the Marienplatz is the **Peterskirche**, the oldest church in the inner city. It was built before 1158 by an early settlement of monks.

Other churches of interest in Munich include Michaelskirche, which is the largest Renaissance church north of the Alps and the



Photos by Lacie Rector

The Rathaus and the Frauenkirche are two of the most prominent architectural features in Munich. To make traveling easier, an entrance to Germany's largest S-bahn system is located in the Marienplatz in front of the Rathaus.

Theatinerkirche, whose dome dominates the Odeonplatz.

The Theatinerkirche was built in the Italianate high baroque style, which greatly influenced southern Germany baroque.

Also near the Marienplatz is one of the most famous breweries in Munich, the **Hofbrauhaus**.

Operated since 1589, it is host to much of Germany's history, including providing a place for Hitler to speak and the second largest tent in Oktoberfest, which Munich is probably most well known for.

Oktoberfest, which is a two week festival beginning in September and ending the first Sunday in

October, was first held October 12, 1810, to celebrate the wedding of the crown prince Ludwig to Princess Therese von Sachsen-Hildburghausen.

Another popular attraction in the downtown area is the **Residenz palace**.

Began in 1385, the palace now serves as one of Europe's most significant museums of interior decoration.

Even the entrance doors are meticulously sculpted, making it well worth a visit.

Next door to the Residenz is the **National Theater**, where several of Richard Wagner's operas premiered for Ludwig II of Bavaria. There are many other theaters in Munich that showcase the value the city places on the arts.

You will probably also stumble upon street performers as well, which offer an eclectic array of music, street drawings, and dramatic arts. Also of interest, though quite a walk from the main downtown area, is the **English Gardens**, one of the largest urban public parks in the world.

If you are taking an extended vacation to Munich and are looking to get away from the city noise to relax, this is the place to do it. There are even four beer gardens located within the English Gardens.

You may also want to visit the **Hofgarten**. The Hofgarten is near the Residenz, and is the city's

oldest park. The Dome of the State Chancellery is located in the center of the garden.

Other draws include Munich's many museums, one of the most prominent being the **Deutsches Museum**, which displays the first TV from 1930. Germany's first exhibition of electricity was also held in Munich.

Munich has the strongest economy of any German city. The citizens enjoy a high quality of life and a low crime rate.

There is also a very extensive public transportation system, which includes Germany's largest S-bahn.

The city has the second largest airport in Germany, the Franz Josef Strauss International, so flying in or out of the city is no problem.

Munich is conveniently located. The famed concentration camp Dachau is only a short drive outside the city.

For soccer fans, the World Cup has been held in Munich twice, once in 1974, the second time in 2006. The 1972 Summer Olympics were also held there.

For more information on the city, visit <http://www.muenchen.de/>, and click on the British flag for English text.



Fortification was added to make the city of Munich official in 1175.



Breweries like the famous Hofbrauhaus provide traditional Bavarian entertainment to dine by, and are more visited for their beer than their food.

Learn to ID, prevent, treat indoor mold

by **RABIA NOMBAMBA**
Special to the Bavarian News

With mold being prevalent throughout Germany, the questions of mold effects on health, mold exposure, and prevention is important for many in the Ansbach and Illesheim communities.

According to the Department of Health and Human Services Web site, symptoms of mold exposure can be nasal stuffiness, eye irritation, wheezing, or skin irritation, but people with mold allergies may have more severe reactions.

“Mold exposure does not always present a health problem indoors,” said Linda Ording, U.S.Army Garrison Ansbach industrial hygienist. “However, some people are sensitive to molds. Immune-compromised people and people with chronic lung illnesses, such as obstructive lung disease, may get serious infections in their lungs when exposed to mold.”

Thus, mold has to be taken seriously, said Capt. Matthew T. Perry, chief of Environmental Health Services, U.S. Army Medical Activity-Bavaria.

“If anyone feels that his or her health is being affected by a mold issue they need to have it addressed by a health care professional since the signs and symptoms are consistent

with other illnesses,” he said.

For many homes in Bavaria, mold may be more of a problem than what most Americans are used to, said Perry.

Mold can be found both indoors and outdoors. It gets into homes through open doorways, windows, vents, and heating and air conditioning systems.

The spores float through the indoor

and outdoor air continually, and they can attach themselves to clothing, shoes, bags, and even pets.

However, there are ways to prevent mold, such as opening windows at least twice a day for 10-20 minutes or ensuring adequate ventilation (for more mold prevention tips, see accompanying box below).

Mold infestations can usually be seen or smelled. Self Help for smaller

mold issues is a possibility. Environmental Health Services recommends using detergent and water to wash mold off hard surfaces and allowing it to dry completely for mold problems of about ten square feet or smaller.

“I don’t have a ventilations system in my bathrooms, so small mold spots appear at the ceiling,” said Sgt. 1st Class Carmen Martin, USAG

Ansbach Headquarters, Headquarters Detachment. “I mix bleach and water in a spray bottle, spray the spots and use a sponge-mop I have solely dedicated for mold.”

This is a cleaning procedure Perry agrees with.

“A bleach solution of one cup of bleach to one gallon of water can also be used,” he said.

However, Perry added, it is necessary to use gloves, eye protection and a dust mask or respirator for protection when cleaning mold.

People with health concerns should consult a doctor before doing any mold cleanup, said Perry.

“If you can see the mold or smell a musty odor, you have a mold problem. A thorough investigation is necessary though to determine the cause of the moisture problem,” said Ording.

And some problems are bigger than others, Perry added.

“In severe cases, it may be necessary to remove the occupants from their dwelling until the remediation or repair is completed.”

People who believe they have mold problems that exceed 10 square feet should call housing.

When residing off-post, call CIV 09802-832043 or 09802-832-982, and when residing on-post, call CIV 09802-832963 or 09802-832480.

Mold prevention tips:

- Keep the humidity level in your home between 40 and 60 percent.
- In homes without central heating and air conditioning systems, open windows twice a day for 10-20 minutes at a minimum.
- Be sure your home has enough ventilation.
- Use exhaust fans that vent outside your home in the kitchen and bathroom. Make sure your clothes dryer vents outside your home.
- Fix any leaks in your home’s roof, walls, or plumbing so mold does not have moisture to grow.
- Clean up and dry out your home thoroughly and quickly (within 24-48 hours) after any water incursion.
- Add mold inhibitors to paints before painting.
- Clean bathrooms with mold-killing products (a 10 percent bleach solution is adequate).
- Remove or replace carpets and upholstery that have been soaked and cannot be dried promptly.
- Consider not using carpeting in areas like bathrooms or basements that have a lot of moisture.

If using bleach to clean up mold:

- Never mix bleach and ammonia or other household cleaners. Mixing bleach with ammonia or other cleaning products can produce dangerous toxic fumes.
- Open windows and doors to provide fresh air.
- Wear non-porous gloves and protective eyewear.
- If the area to be cleaned is more than 10 square feet, contact the Housing Office.

Sources: U.S. Environmental Protection Agency Web site, pamphlets of U.S. Army Center for Health Promotion Preventive Medicine, Industrial Hygiene/Preventive Medicine Mold Assessment Guide

Garrison honors volunteers for selfless service

by **JIM HUGHES**
USAG Ansbach Public Affairs

The garrison honored, thanked, and spoke about the importance of its 700-plus volunteers during a ceremony May 8 on Bismarck Kaserne.

Lt. Col. Tammy S. McKenna, garrison commander, Col. Timothy Edens, 12th Combat Aviation Brigade commander, and Command Sgts. Maj. James Esters and Hector Marin, from the garrison and CAB respectively, issued distinguished and outstanding volunteer certificates to about 40 of the garrison’s volunteers.

“Like the National Volunteer Recognition Week theme of inspire by example, our Ansbach community is surrounded by many heroes—Soldiers headed to the battlefield and our volunteers in the community,” McKenna told the crowd.

“Each in their own manner sets a standard to

emulate with their service to our nation and our community,” she said.

McKenna also spoke of what volunteers get out of volunteering: giving back to a cause that helped them in the past; enhancing, developing or discovering skills that will help them in life; hands-on work experience, meeting new people and seeing the community from a different angle.

“A volunteer is someone who gives their time, energy and talents on behalf of others without the expectation of pay or other tangible gain. That is selfless service,” she added. “We would not survive without you. Thank you so much for your selfless service to our Soldiers, familie, and civilians in the Ansbach community.”

Pamela Lindenmeyer, USAG Ansbach Volunteer Corps coordinator who re-joined the working ranks after 11 years of volunteering, added that many programs wouldn’t happen

without the community’s volunteers.

“Volunteers are the wind beneath our wings in this community,” she said. “Many things wouldn’t happen if not for volunteers—especially overseas in a small community. Without volunteers, our youth sports programs wouldn’t happen. The Terrace Playhouse wouldn’t happen, and the Army Family Action Plan is completely run by volunteers, just to name a few.”

One of the people who makes things happen is Outstanding Volunteer Staff Sgt. Gary Gower, a 5-158th Aviation Regiment life support specialist, who was honored for his work with the Cub and Boy Scout programs.

“It’s a great opportunity to get out and give back to the community,” he said of his efforts. “The community does a lot for us, and this lets us give something back.”

And why does he give away his free time to

support the community’s youth?

“No matter what the paycheck could’ve been, it’s not worth near as much as the smiles you see on the kids’ faces. The smiles are worth 10 times more than they could ever pay me.”

The ceremony ended with Lindenmeyer presenting McKenna a check symbolic of the number of dollars the 66,700-plus volunteer work hours equate to, an amount totaling \$1,205,639.

“Volunteers make a real difference—I urge you to join their ranks,” McKenna said. “We could not do what we do without their time, energy, dedication, and care. Army Strong is Volunteer Strong.”

The community’s top volunteers are: Jessica Koski, Outstanding Youth; the Lindgren family, Outstanding Family; and Gower, Amy Luekenga, Michelle Miller and Jennifer McCreery, all Outstanding Volunteers.

Students visit EVA during Earth Day trip, learn about recycling

Story and photo by **RONALD H. TOLAND JR.**
USAG Ansbach Public Affairs

Twenty-nine fifth graders from Illesheim Elementary School visited the Energy and Recovery Installation in the town of Dettendorf April 25 as part of Earth Day and Earth Week events.

Jutta Seefried, USAG Ansbach SORT coordinator who coordinated, organized and planned the student field trip, said that the goal of the trip “would be to have a healthier planet with clean air and water.”

“This exposure and field trip is a

good idea to teach the kids new habits for future generations and for them to teach their parents good habits now,” Seefried said. “I think it is important to change our habits and save energy whenever we can.

“The kids learned a lot about what items are recyclable and how often some materials are being recycled. The idea was to help kids understand why it is important to properly sort recyclables—conserving energy means saving costs and protecting our planet for future generations,” said Seefried.

Previously a household trash landfill site, the EVA has existed now for 33 years, recycling biodegradable trash and garden waste into natural gas energy by decomposing, and generates methane gas from the body of the former landfill site. This process provides electricity for about 150 households for 15 years.

In addition, the site harnesses and distributes solar energy, providing about 50 German households with regenerative energy since 2006.

The two-hour tour took fifth graders through the facility to learn about biodegradable trash and its conversion into gaseous energy, the importance of clean water, solar

energy, recyclable trash and waste, and waste weight and cost awareness.

Dr. Renate Kapune, manager of the waste management office in the county of Neustadt an der Aisch, guided the children through the plant and spoke to them about the purpose and operations at different stations of the facility.

“This excursion is only a small impulse of global thinking,” Kapune said. “Recycling is one small part of the entire environmental and climate protection. The topic is on everyone’s mind, and it is a great necessity.

Besides experiencing learning about the intense smell at the recycling center, the class also played games that taught them how to recycle appropriately.

Teacher Eddie Jordan, said trips like this are important for the students.

“It helps extend the students’ learning about conservation, the environment and what they can do to help,” he said. “It was also an eye-opener for them to discover what actually happens to all that waste they help generate. It definitely left a lasting impression.”

Message received, said fifth grader Nikki Siebrasse. She said she plans to help teach her family why it’s important to recycle.

“Recycling is a big thing in this community,” said Siebrasse, adding that the most interesting part of the trip was playing with the recycled dirt. “It is important not to pollute the earth.”

Illesheim fifth graders Nikki Siebrasse and Raqueen Shuman display buttons they received during an April 25 field trip to EVA.

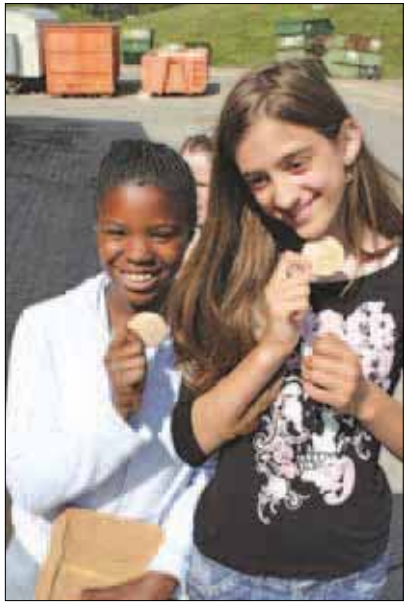


Staff photo by Ronald H. Toland Jr.

Symbol of dedication...

Ansbach High School students John Willis and Storm Freeman place a tree at the Ansbach Elementary School April 23 on Arbor Day in honor of Nelson Faddies, a counselor at the elementary school who passed away in November.

Shirley Faddies, the school’s literacy coach and wife of Mr. Faddies, told the group, “Thank you for your generosity, your unconditional kindness and the planting of this tree in honoring the remembrance of Mr. Faddies. This tree will always be a symbol of the dedication, joy, and love that is shared at AES and the community.” Students and parents at the school collected money to purchase the tree and will add a bench and plaque in Faddies’ memory.



ACS programs offer ‘peace of mind’

USAG Bamberg Public Affairs Office

While units deploy to support the global war on terrorism, Soldiers, civilians, and family members remaining at U.S. Army Bamberg will have access to the same services they have come to expect from their military community.

Families can feel confident that the range of Morale, Welfare and Recreation activities and family support services through the Bamberg Army Community Service will continue in the months ahead. MWR activities will strive to maintain normal operations. Some facilities may have shorter hours, depending on usage, available manpower, and other factors, but the intent of the Army in Europe is to minimize reductions and keep the doors open.

“We are dedicated to taking care of our family members, especially when their spouses are deployed,” said MWR Director Darrell Clay. “Our families deserve top quality services, and we strive every day to meet their expectations.”

Family members in Europe, in fact, have access to support they would not find anywhere else in order to stay connected with their deployed spouses and the community. One of the most important means they have available to them is ACS.

Our ACS is a one-stop shop for all the services our Soldiers, DA civilians, and their families may need.

Art Jones

ACS Director

ACS provides assistance and support to Family Readiness groups, or FRGs, and rear detachments through a variety of programs. In fact, all ACS programs offer assistance to families of deployed units depending on their needs.

“Our ACS is a one-stop shop for all the services our Soldiers, DA civilians, and their families may need. Everything is located in one building which makes it very convenient for customers to receive the services they require with just one visit to our ACS,” said Art Jones, ACS director. “Our staff is well-trained and always looks forward to taking care of our Soldiers and families. We have real life solutions for successful Army living,” he added.

The FRG is a command program designed to ensure the unit families are taken care of. It is a concept that helps keep families informed, helps resolve problems at the lowest level, maximizes unit morale among the Soldiers and

families, and increases peace of mind where it counts - with the deployed Soldier.

The FRG is composed of the family members of a particular unit and is led by volunteer family members. Membership is as easy as being contacted by the FRG to receive and share important information that has been verified by the commander. There is no rank in the FRG, and participation is completely voluntary.

FRGs receive assistance from the rear detachment and the community during the entire deployment cycle to include the preparation and the reintegration phases in an effort to reduce family stress associated with deployments.

A well supported FRG reduces the commander’s workload, helps families become self-sufficient, and provides an avenue for sharing timely and accurate information. The FRG benefits greatly from the use of post and community resources.

Overall, the FRG gives family members a

sense of belonging to the unit and Army community. It provides a way to develop friendships, share important information, and obtain referrals to Army resources.

FRG activities can foster positive attitudes among families and provide a better understanding of military life, the unit, and its mission.

Important to remember is the support families receive from their unit rear detachment commander and Family Readiness Support Assistant.

FRSAs are usually available at the battalion and brigade level and provide the first line of support to the unit FRG, ensuring that individual families remain connected to the unit, and helping the rear detachment commander with any family related issues.

Finally, at your home station, family members have access to their rear detachment commanders who serve as a conduit for the flow of information between the deployed unit and those at home station.

The rear detachment commanders are the primary link to provide families the latest updates on their deployed units.

For more information, call the Bamberg ACS at DSN 469-7777.

BRIEFS

Bamberg welcomes Clay as new MWR director

Bamberg welcomes Darrell W. Clay as the new MWR director. Clay comes to Bamberg from Carlisle Barracks in Carlisle, Pennsylvania, where he also served as MWR director. He holds a bachelor’s in Business Administration and a master’s in Human Relations.

Clay has 27 years of experience in MWR with Bamberg being the fourth position held in his career. Clay relocated to Bamberg with wife Gabi and daughter Jessica. His eldest daughter, Stephanie, is married and lives in Fürth, Germany.

New hours set at Ray’s Diner

Effective Saturday, Ray’s Dining Facility will have new weekend hours of operation:

Breakfast: 8 - 9:30 a.m.

Lunch: 11:30 a.m. - 1:30 p.m.

Dinner: 3:30 - 4:30 p.m.

Celebrate diversity, attend Hawaiian luau Saturday

In celebration of Asian/Pacific-Islander Heritage Month, the Bamberg community is invited to a Hawaiian luau Saturday from 1 - 3 p.m. at the Warner Club. The event will feature the Island Dancers of Wiesbaden, free samples of traditional Filipino, Korean, Hawaiian, and Guamanian foods, activities for kids, and much more. Celebrate diversity and join the fun! For more information, contact SFC Freeman at DSN 469-8624.

Honor stars of community at volunteer ceremony Tuesday

This year’s Volunteer Recognition Ceremony will be held Tuesday at 6 p.m. at the Warner Club. The ceremony will recognize over 300 volunteers from the community. Everyone is welcome to attend. For more information, contact Army Volunteer Corps Coordinator Kimberly Millner at CIV 0951-300-7777.

Deploying soon?

If you haven’t applied for a passport yet, stop by the Bamberg Passport Office and apply prior to deploying. While away, your application will be processed, and your new passport will be waiting when you return. Pick up a list of what you need to get started at the passport office located in the ACS Bldg., Room 114, open Mon. through Fri. from 8 - 11:30 a.m.

It’s flower time at Self-Help

The Bamberg Self-Help Store is offering an assortment of free plants and flowers to on-post residents on a first-come, first-served basis starting May 23.

Supply is limited to six plants per household. Remember to pick up free potting soil, (limited to three bags, per household, per year) flower boxes with brackets, grass seed and mulch. Additional lawn and garden care items can be purchased at the Bamberg AAFES Garden Center. Self-Help is located across from the MWR Car Wash. Open Mon. through Fri., 9 a.m. - 4 p.m. and closed on weekends and all German and American holidays. For more information, call CIV 0951-300-7669.

Additional briefs are listed in the Bamberg section of What’s Happening, Page 13.



Casing the colors

Lt. Col. Stephen Maranian, commander of the 4th Bn., 319th Field Artillery Regt., and Command Sgt. Maj. Mark Brandenburg roll the battalion guidon before casing the colors during a May 1 ceremony at Warner Barracks.

Family and community members attended the ceremony, which marks the battalion’s last official event before its deployment to Afghanistan. The battalion will deploy as part of the 173rd Airborne Brigade headquartered in Vicenza, Italy.

Photo by Renate Bohlen

BHS students experience cultural exchange

by AMY BUGALA

USAG Bamberg Public Affairs

In March, students from Mrs. Greiger’s Bamberg High School German classes visited students at the Franz Ludwig Gymnasium in downtown Bamberg during an annual German-American exchange.

This year, there was a slight change in events when students from the Viewpoint School in Calabasas, California joined them.

After a brief welcome, each student was paired up with a German student to attend their classes and take a tour.

“There is a big difference between the German and the American school systems,” said Bamberg student Caitlin Krauchi. “The Germans have to work much harder, and their system of grading is much different. They use a one

through six grading system, six being the worst.” The German students also attend classes, including religion, Latin, and Greek, that are not normally taught in Stateside public schools.

After the class visits, the students met in the cafeteria for refreshments and to discuss their observations.

“One major difference that I saw, was that the teachers came to the students not the other way around like our school,” said Bamberg student Dwight Richardson.

The students from Viewpoint initiated a discussion about the length of the German school day when they discovered that the Franz Ludwig students go home at 1 p.m.

BHS students commented about how Stateside school requirements differ greatly from the DoDDs schools, such as the community service hours required for graduation in most

Stateside high schools.

After leaving the Franz Ludwig Gymnasium, the Bamberg students took the Viewpoint students on a short tour of BHS.

The annual exchange between Bamberg High School and the Franz Ludwig Gymnasium gives BHS students the opportunity to learn more about German customs and culture from students their age.

The addition of the California students provided a different perspective and opportunity to simultaneously share with teens from the United States as well.

The program encourages students to broaden their perspectives on different ways of living and learning.

Adapted from an essay written by BHS German language students

Bamberg’s 13 Topper awards break theatre record

by JAMES SOHRE

IMCOM-E Entertainment Director

At the annual Tournament of Plays “Topper” Awards Show, the night belonged to the Bamberg Stable Theatre.

History was made April 21 as they set the record for most awards won by a single show (13) for their production of the new musical version of “Little Women.”

Joining this Best Musical of 2007 in the “top three” were SHAPE Entertainment Center with the Best Comedy “The (Female) Odd Couple” (seven Toppers), and Wiesbaden Amelia Earhart Playhouse, which produced the Best Drama “Women on Fire” (four).

The technical, musical, acting, artistic, and directing achievements were celebrated by the presentation of 81 golden Topper statues, and 189 framed nomination certificates. Twenty-two musicals, comedies, and dramas were produced during the six-week adjudication period in

Army, Air Force, and international community theatres in England, Belgium, Germany, Italy, and Turkey.

Installation Management Command–Europe sponsors the annual event, and the Topper Show has become an important part of each community theatre season. Some are already planning their entry for next year.



And although the awards and recognition provide good incentives, the real value of the event is to obtain the training that the adjudicators provide during the post-show critiques.

The roving team of judges offers verbal insight and on-the-spot suggestions after each performance they attend.

The Bamberg Stable Theater 2007 Topper Award winners show off their hardware. Back: (from left) Dathan Matesick, Brian Saum, Irene Backert, Margi Ritscher, Jack Austin. Middle: Spc. Rocky Edwards, Kristen Haener, Kyisha Thomas, Jennifer Edwards, Elisabeth Ritscher. Front: Mary Lee McGuire, Wendy Latella, Holly Matesick, Rosanna Hanson, Manuela Goller and Olivia Austin

Courtesy photo

DA visit assists with deployment extension



Col. Dennis Dingle, director of human resources policy at the Army G-1, talks to the audience at the USAG Schweinfurt commander's update forum May 8.

Story and photo by MARK HEETER
USAG Schweinfurt Public Affairs

A nine-person team of subject-matter experts from the Department of the Army visited Schweinfurt and Wuerzburg last week to offer assistance to the Soldiers, families, the garrison, and other agencies affected by the recent announcement that active duty deployments have been extended to up to 15 months.

The main body of the Dagger Brigade is expected back in Schweinfurt by the end of October, while the trail party will follow shortly thereafter, according to Lt. Col. Robert Whittle, Task Force Guardian commander.

"That's the news. You've all heard it, and that's why we're here," Whittle said at the outset of the USAG Schweinfurt commander's update forum, the first stop on the "Tiger Team" visit.

The team was on its fourth visit to assist the communities where Soldiers' deployments have been extended, according to Col. Dennis Dingle, the director of human resources policy at the Department of the Army G-1, who led the Tiger Team.

"In my daily job, where I deal with policy, I can't think of any greater reward than to come out here and put boots on the ground," said Dingle, a former commander of the 98th Area Support Group in Wuerzburg.

"We're here to fill in the gaps and take issues straight back to the Pentagon," he said of his team, which included colleagues from Human Resources Command, assignments and entitlements officers, and representatives from the Office of the Chief of Public Affairs, Army Medical Command, and the U.S. Army Family and MWR Command.

Dingle told the standing-room only crowd of roughly 300 that the team would be an extension of the affected units until the troops are back in Schweinfurt, available to assist them through their chains of command and community.

He then opened the floor to questions, which varied widely in their topics, from orders and returns of dependents to promotions and redeployment dates.

The first question was whether exceptions could be granted to the 90-day stabilization period upon the brigade re-deployment. The approval authority for enlisted Soldiers is the first lieutenant colonel, while the first colonel approves the exception for officers, Whittle said.

"There's not a blanket criteria I can give you, but we'll do our best for you," he said. On several of the issues, the Soldiers' chains of command have case-by-case waiver authority, such as moving permanent change of station or expiration of term of service dates.

"As a general rule, we'll push the dates 90 days to the right and then work the exceptions," Dingle said. Rest and recuperation leave for Soldiers who deployed later than the brigade "center of gravity" was another example.

"That's a chain of command decision. The decision makers on that are the chain of command downrange," said Whittle.

One family member asked how the Army could break a contract with Soldiers with implementation of stop-loss and stop-move.

"I think that the bottom line is the Army's operational requirements take precedence," said Dingle, noting that the Army would like to reduce the frequency of such moves.

Another hot topic was the assignment incentive pay of \$1,000 per month beyond the first year.

"The time starts when their boots hit the ground in Kuwait," said Lt. Col. Matthew Voithofer, compensation and entitlements officer at the Army G-1.

High school graduations, in-place consecutive overseas tours, school dates, and the assignment of Soldiers to certain missions in Iraq were among the many other topics.

To view a flier with more detailed information related to the extended deployments, go to the Info Vault at www.schweinfurt.army.mil

Community bids farewell to fallen troops

by MARK HEETER
USAG Schweinfurt Public Affairs

The 1st Battalion, 18th Infantry regiment, Vanguards, led the Schweinfurt community in saying farewell to two of their Soldiers killed in Iraq April 16.

Sgt. Mario De Leon, 26, was killed by small arms fire, while Spc. Lucas Starceвич, 25, was killed by an improvised exploding device. Both men were on their second deployment and were prior service Soldiers who returned to the Army.

"They are in a better place, but their families and friends live with the loss," said Capt. Rickey Torres, reading the remarks of Lt. Col. George Glaze, the Task Force Vanguard



De Leon

commander. "They were men of honor and integrity."

"There is a member of my family in this platoon who is gone, and that is hard for me to accept," said Sgt. Timothy O'Brien, relaying the remarks that Sgt. Charles Quigley gave about De Leon at an earlier memorial service in Baghdad.

"Mario was my rock so often," said Quigley, who only six days prior to the attack, escorted his Soldier, De Leon, to the promotion board.

"I was shaking, but he wasn't," Quigley said. "He aced it."

Sgt. 1st Class Philip Roberson read from the earlier remarks of Capt. Donald Johnson, including his instruction to look at the photograph of De Leon on the memorial display.

"Take a look at the Soldier on the left here – Sgt. De Leon, a smile on his face, a good natured man, and always optimistic. He passed this to all of us, bringing smiles to our faces and lightened our spirits," he said.

"He was a friend, a brother, a son, a husband, and a father. He was a

family man," Johnson said.

Lt. Col. Robert Whittle, Task Force Guardian commander spoke to Starceвич's mother, who told the story about a military outfit he had as a child.

"He loved it so much, she had to wait until he was sleeping to wash it," Whittle said.

"I will always remember how Star would try to cheer you up when you were down," said Pfc. Stanley Via, who passed on remarks of Pfc. Avi Fishman.

"Losing Star is like losing a piece of you," Fishman said. "I didn't know Lucas Starceвич. I knew Star. Star, we will never forget you."

Staff Sgt. Larry Dishaw read the earlier comments of Capt. Patrick Camunez about Starceвич.

"It was because he was a great man that he was able to warm hearts and inspire courage," Camunez said.

De Leon is survived by his wife, Erika, son Keoni, mother Barbara, and older brothers, Gabe and Bruce.

Starceвич is survived by his father

Bradley and stepmother Glenda, his mother Ava Tomson and stepfather, Richard, brother, Trenton, sister, Ariana Starceвич-Reyes, and fiancée, Christina.



Courtesy photo

Spanish Club brings culture to Schweinfurt

Story and photo by KIMBERLY GEARHART
USAG Schweinfurt Public Affairs

The Hispanic world came to Schweinfurt Elementary School May 3, courtesy of the SES Spanish Club.

Students put on an hour-long song and dance program showcasing the music, language, and fashions of the Spanish-speaking world.

"There has been a lot put into this program," said SES Principal Wilma Holt, praising the hard work and dedication shown by the Spanish club participants.

This multicultural show featured everything from skits and poems to the "Itsy-Bitsy Spider" sung in Spanish. At one point, students belted out "La Bamba" in sailor's hats while the audience clapped in rhythm.

A New-World pyramid dominated the backdrop, surrounded by masks from around the Hispanic world.

"Many people don't realize that the history of the Hispanic world goes back so far. They were building pyramids around the same time as the ones in Egypt. It's a rich history," said Jean Kenny, Spanish Club sponsor.

Students wrapped up with a fashion show highlighting traditional dress from Spanish-speaking countries like El Salvador, Puerto Rico, Mexico, and, Spain.

The grand finale was the entrance of a Pre-Hispanic Cacique, or king, in full costume, standing imperiously in front of the pyramid, surrounded by smoke and masked monsters from Pre-Hispanic central American mythology.



Kyra Donahoo shows an El Salvadoran flair for fashion and dance during the show.

Spouses get down and dirty during Dagger Challenge

Story and photo by SANDRA WILSON
USAG Schweinfurt Public Affairs

Dirt, cuts, scrapes, and bruises were displayed with pride by the spouses who competed in the first Dagger Brigade Spouses' Warrior Challenge April 25-28.

For four days, spouses from all 2nd Brigade units competed for crossed daggers or "combat spouses' badges."

Events consisted of drill and ceremony, rifle marksmanship, the stretcher obstacle course, paintball, and the hand grenade assault course.

Capt. Laura Giouzelis, Task Force Guardian executive officer, described the threefold purpose of holding the event which was designed to gain maximum participation from 2nd Brigade spouses.

"(We want them) to get familiar with what their spouses are doing downrange, to bring (them) together as a community so they can talk together."

Capt. Laura Giouzelis
Task Force Guardian XO

Cathy Burton, 2nd Brigade Family Readiness Group leader, and one of the coordinators behind the event, explained how the challenge creates

camaraderie.

"The intent is to promote esprit de corps within the unit as a whole, and you can see it in the tiger stripes on their faces, in their chants, on their T-shirts," said Burton.

She said her favorite display of spirit was the brigade chants the ladies sang as they marched and competed.

Burton said the friendly rivalry began at the dining-in in March.

They hadn't planned to make the challenge a scored competitive event, but plans changed due to the energetic spirit displayed at the dining-in.

The adjustments created a scoring mechanism at each warrior station so that, in the end, a winner could be declared.

Some units even took study guides home to practice drill and ceremony, said Giouzelis.

Noncommissioned officers and Family Readiness liaisons were asked for help in preparing for the warrior challenge.

Not only did the event become competitive, said Burton, but the course was created to be difficult.

"Unless you physically go through it, you can't imagine. It's a challenge to go through it. Simply showing up is not all of it. You get bruises and cuts," said Burton.

Even so, through the camouflage and the dirt, smiles could be seen and

laughter could be heard as teams marched from one event to the next.

When asked what she thought of the event, Melanie Thornton, an HHC 1-26 family member, said, "It's fun! I don't think I know what I'm doing, but it's really great, and I'd

do it over and over again," she said.

The awards ceremony took place at the community update forum May 8, where the combination team of 299th Front Support Bn. and 1-18 Inf. Regt. was declared the overall winners of the four-day competition.



Toni McGee, 1-26 Infantry Regiment family member and teammate on the Combat Dolls, worms her way through the wire obstacle course as part of the Dagger Spouses' Challenge April 25 – 28.

Germans: world champion vacationers

by MARTINA BIAS
Bavarian News Food & Culture columnist

You might have heard that Germans have an unusual “title.” Many times they are referred to as the “Urlaubsweltmeister,” or world champion vacationers.

This description is not surprising when we consider Americans, who receive an average of 14 paid days of vacation a year, and compare it to the average German employee who receives 29 paid days off per year.

To be fair, there are countries that outrank Germany, which really only places fourth among 14 European nations. Sweden is leading the way with an average of 33 days of paid leave for its employees annually.

Nevertheless, Germans make good use of their annual leave days, using the many holidays that fall on a weekday as so-called “bridge days” to expand their time off even further. Each year, over half of German vacationers plan an extended vacation period of at least two weeks (36 percent), or even three weeks (25 percent) to relax and recharge their batteries.

Having this many days, Germans don’t limit themselves to just a summer vacation. Many enjoy short vacations in the snow or warmer climates during Christmas and New Year’s each year, or they take time off over Easter.

The big summer vacation season kicks off at the end of May when many travel over the Pentecost school break. June, July, and August are also popular months to escape the work routine to relax, and many workers without children take time off during September and October to extend the warm weather season in Mediterranean climates.

Spain tops the list of the German’s favorite travel destinations. Especially the islands of Mallorca, Gran Canarias, and Tenerife, all of which are heavily populated by German

vacationers during the spring and summer months.

Egypt, Italy, the United States, and the Dominican Republic are popular vacation spots for many Germans as well.

Young Germans tend to venture farther away from home, while many older Germans still prefer to travel to closer destinations.

Germans have some vacation habits that may seem unusual to Americans:

The one thing all Germans *have* to do when they are on vacation is to write countless postcards to the friends, family, neighbors, and co-workers they left behind.

It doesn’t really matter if they return home before the card makes it to its destination. German friendships and other relationships could be severely strained when one forgets to write a card to someone.

Often you will find that Germans are very competitive about their vacation spots, so they those they left behind are almost sure to receive a beautiful card, stating what a wonderful time they are having at their destinations.

Germans, like most people, are creatures of habit, so it is not unusual for them to bring their own towels or food on

vacation. I have friends who would never dry themselves with a hotel towel (that so many other people have used before them!). And my father always packed a cooler with his favorite liverwurst and beer each year when we set out on our annual vacation on the North Sea island of Sylt.

Speaking of habits, my godparents spent their summer vacation in the same bed-and-breakfast in the Alps for 25 consecutive years! They even received a certificate from the mayor of the town for their loyalty.

Many vacation spots that rely heavily on German tourists have recognized the fact that they don’t necessarily want to explore the local culture and cuisine and have begun offering more familiar fare and other comforts. This is particularly true in Mallorca, where you can eat, drink, and party just like you could in Bavaria, Berlin, or Frankfurt.

On the flip side, there are several tips and



Staff photo by Garry Barrows

Mallorca, a popular destination for German vacationers, has adapted to its visitors by offering traditional German food and drinks to make guests feel more welcome.

hints that make traveling in Germany much more enjoyable for Americans.

First of all, when booking a hotel room, make sure you tell the clerk how many people will be staying in the room. This includes babies and children.

Often, the price is charged per person and you may run into trouble if you sleep three people in a room only meant for two.

In most cases, a German innkeeper will not be very receptive to the thought of a child sleeping on the floor or between two adults. They would rather offer you a family room or an extra bed.

Also, make sure not to arrive too late in the evening, as not all establishments have a 24-hour front desk and you might find yourselves in front of locked doors late at night.

If you are not sure that you will arrive before 10 p.m., call ahead and let them know.

Secondly, especially small, family-owned hotels and bed-and-breakfast accommodations may not offer many of the things you are used to in an American hotel, so it is wise to pack a spare towel, soap, and other toiletries you may need.

Lastly, Germans are very particular about their possessions and wares. Wherever you are, please don’t touch or open things without their permission (the same goes for your children, of course).

Germans will be glad to show you their treasures, but they want to be asked first. Otherwise, you risk being kicked out or at the least be considered a rude and disrespectful American tourist.

Give your next cookout an international twist by adding Bavarian potato salad to the menu

by MARTINA BIAS
Bavarian News Food & Culture columnist

Now that the days are getting longer and we might have some nice evenings in store for us, I am sharing a favorite German recipe for cookouts with you – Bayerischer Kartoffelsalat (Bavarian potato salad).

I have to admit that this is not a dish I grew up with. My mother preferred to serve a potato salad made with mayonnaise instead of

the more traditional German version prepared with a vinaigrette.

However, living in this region for so many years, I have come accustomed to the way most people serve it around here.

I find the tangy taste of the Bavarian potato salad to be a pleasant change of pace, but trying to find a recipe that would give me the desired result proved more difficult than I originally thought.

For two and a half years of our current tour here, I searched and tried several recipes to no

avail. My poor family graciously endured all my trials and errors.

Even the lady at the German butcher where I sometimes purchased my potato salad refused to share her recipe with me (stating that she could not give out a business secret), so I finally gave up.

Soon thereafter, my new neighbor said that he was looking for a good recipe for Bavarian potato salad and asked me if I had one. I told him my sad story and ask him to let me know if he ever found one.

A few days later, he knocked on my back door and handed me a recipe. I asked him if he had tried it out and he replied, “That’s your job!”

I prepared the recipe that weekend for my family and hallelujah – I had found the recipe I was looking for. Thank you, Tony! I am forever grateful!

Now, if you would like to change up your barbecue meal and give it a Bavarian twist, try the following recipe. I promise you won’t regret it!

Guten Appetit!

Bayerischer Kartoffelsalat

- 2 pounds red potatoes
- 2/3 cup hot veggie broth (or hot chicken or beef broth)
- 4 Tbs. white vinegar
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. sugar
- 4 Tbs. vegetable oil
- 2 onions (I prefer red ones), finely diced
- ¼ cup of butter, melted (**very important: do not leave the butter out; it changes the taste significantly!**)
- chives or parsley for decoration



Courtesy photo

Bavarian potato salad is made with a vinaigrette dressing instead of the traditional mayonnaise dressing.

Place potatoes in a medium pot and cover with water. Bring to a boil and cook until tender (depending on size 20 – 30 minutes).

Peel potatoes (if desired) and slice while still warm. Pour hot broth over potato slices.

In a small bowl, whisk vinegar, salt, pepper, and sugar until seasonings are dissolved.

Whisk in oil and pour over potatoes. Add onions and melted butter. Toss until evenly coated.

Sprinkle with chives and parsley. Serve warm or at room temperature.

Variations: you can replace 1/3 of the potatoes with thinly sliced cucumbers. Add these just before serving. You can also replace some of the potatoes with field salad or endive lettuce. **Yield: 4 – 6 servings**

The final Food & Culture columns by Martina Bias will be published in the May 30 issue of the Bavarian News. Martina and her family are retiring to the U.S. If you would like to send her a farewell e-mail or tell us how much you enjoyed her columns, please write to adriane.foss@us.army.mil.



Courtesy photo

Substituting cucumbers for some of the potatoes in a Bavarian potato salad adds extra flavor and color to the mixture.



Tobias Zwally, 8, from the Reha-Westpfalz Schule in Landstuhl, Germany, shows his medal to his buddy, Caryn Rodriguez, Vogelweh Elementary School fifth-grade teacher, while watching an exhibition soccer game May 2 between teams U.S.A. and Germany at the U.S. Army Garrison Kaiserslautern's Special Olympics Spring Games 2007.

Kaiserslautern hosts Special Olympics

Story and photos by CHRISTINE JUNE
USAG Kaiserslautern Public Affairs

There were a lot of firsts for Taylor McDaniels during the Special Olympics Spring Games 2007 held at the German Police Academy in Enkenbach-Alsenborn, Germany May 2.

This was the first Special Olympics for the Patrick Henry Elementary fifth-grader, and she walked away with first place in her first event – the 50-meter unassisted race.

“I’m very happy to win because if you deserve something, you get a perfect certificate for that thing,” she said, referring to the ribbons given at each competitive event.

McDaniels, as with all the participants, received personal encouragement throughout the day.

“Right on – you were terrific (in the race),” said Emily Morris, 18, Hanau Middle and High School senior, who was volunteering as McDaniels’ buddy – an athlete’s personal coach, cheerleader and friend for the day.

Special Olympics is an international program of athletic competition for children and adults with special needs. It’s been held in the Kaiserslautern military community

the first Wednesday in May for 24 years courtesy of the U.S. Army Garrison Kaiserslautern. For the past eight years, the event has been held and co-hosted by the German Police Academy.

McDaniels was one of 646 athletes competing in seven competitive games such as soccer, badminton and volleyball.

They were also able to enjoy 13 non-competitive games like treasure hunt or bowling.

Athletes, ages 5 to 70, represented 45 schools and institutions throughout Germany, including 17 Department of Defense Dependents Schools-Europe from eight military communities.

Volunteering to help with the athletes’ day were nearly 2,000 German and American military and civilian members from surrounding areas.

Michael Nimtz, from the 21st Theater Support Command in Kaiserslautern, has been volunteering for this event for 13 years.

“I always make it a point to have this day free every year,” said Nimtz, who has volunteered as a buddy, translator, and game judge, and now for the past several years, as a co-coordinator for the soccer event. “It’s such a great event and so important

for all the schools over here.”

Ribbons were given at the competitive events for just trying, with some athletes garnering first, second or third-place honors. By the games’ end, numerous multicolored ribbons adorned most athletes.

Adding to the color were medals of gold, silver and bronze awarded in the competitive games in gender-specific categories such as assisted, unassisted or wheelchair bound.

The Sarah Bican Inspirational Athlete Trophy was awarded to Ronny Kennel from Jakob-Muth-Schule in Kusel, for showing spirit and love of the games.

This award is named after Sarah Bican, who as a DoDDS teacher brought Special Olympics to Kaiserslautern in 1974.

“Ronny was an inspiration to me because he always kept a smile on his face, and he always wanted to make sure everybody else was having fun as well,” said Tom Malehorn, of Ramstein Air Base, who was Kennel’s buddy.

Athletes and volunteers from Hanau, Stuttgart, Bitburg, Heidelberg, Mannheim and Kaiserslautern military communities participated at this year’s games.



Maura Williams, 8, Vogelweh Elementary School third-grader, admires her ribbons after receiving one for the soccer control and pass event. Athletes received a ribbon for participating at each of the seven competitive events.



Taylor McDaniels, 11, a Heidelberg Elementary School fifth-grader, and her Buddy, Emily Morris, a Hanau Middle and High School senior, rejoice after hearing that she won the 50-meter unassisted race.



Athlete Bryan Hogg, Kaiserslautern American High School ninth-grader, ignites the Olympic flame at the U.S. Army Garrison Kaiserslautern’s Special Olympics Spring Games 2007.



Wuerzburg American High School hosted a Junior Reserve Officers’ Training Corps competition April 21. Each of the participating schools competed in seven different categories. In team events, Patch and Wuerzburg finished first and second, respectively, in platoon precision, Wuerzburg took top honors in squad precision with Ansbach finishing third and Ansbach had the best color guard followed by Wuerzburg.

In individual competition, Wuerzburg’s Kent Barrios was the best in individual precision while teammate Robert Bauer placed third in the category. In exhibition drill, Wuerzburg’s Eli Jensen was second and Ansbach’s Steven Crane third and Wuerzburg’s Daniel Ross and Zach Smith were tops in exhibition drill.

photo by Scott Rouch

Sports Briefs

Youth bowling league playing
Every Saturday at 11 a.m. Bring the whole family to the Vilseck Bowling Center! For more info, call DSN 476-2576.

Personalized yoga classes available
Vilseck classes are at the Rose Barracks Fitness Center: “Yoga for All”, Mondays 2-3 p.m.; prenatal yoga, Fridays 2-3:15 p.m.; postpartum yoga, Fridays 3:30-4:45 p.m.; and yoga, Fridays 5:15-6:15 p.m. For information, call DSN 476-2998.

Grafenwoehr classes are at the Grafenwoehr Physical Fitness Center: yoga Mondays 10-11:15 a.m., “Yoga for All”, Tuesdays and Thursdays 10-11:15 a.m.; prenatal yoga, Tuesdays and Thursdays 11:30 a.m.-12:45 p.m.; and postpartum yoga, Tuesdays and Thursdays 1-2:15 p.m. For information, call DSN 475-9007.

Mountain biking club offered at ODR
Join and receive free rides on Mondays now through September; free maintenance classes; and discounts on mountain bike trips. Call ODR Graf at DSN 475-7402 or Vilseck at DSN 476-2563.

Saturday: If you’re into mountain biking, enter the Graf Invitational Mountain Bike Championship. Competition is open to all U.S. ID card holders and local nationals.

B.O.S.S. sponsors discounted bowling
Every Wednesday, both bowling centers offer \$1.00 bowling from 5 -10 p.m. You pay for your shoes plus \$1 per game. B.O.S.S. meets every other Thursday at 1:30 p.m. Contact John Maki DSN 475-6116, or john.c.maki@eur.army.mil.

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Mold can cause allergy-like symptoms

Continued From Page 1

with asthma are allergic to fungus, according to the U.S. Army Center for Health Promotion and Preventive Medicine.

“For people sensitive to mold, the most common reaction will be characteristic of hay fever-like symptoms; red, itchy eyes, runny nose, headache, and/or fever. For people with asthma, exposure to molds can make their asthma worse, but there is no evidence that mold exposures cause asthma in people,” says Perry.

Those with weakened immune systems or chronic lung diseases are also at an increased risk of developing fungal infections in their lungs.

Well documented case studies show that some molds produce toxins that can cause serious illnesses. Usually, the serious illness comes from eating foods contaminated with high levels of mold toxins.

“Because we know that molds can cause disease and illness in some people, we strongly recommend that these people take steps to prevent mold growth in their home and work areas,” said Perry. “If you suspect that mold is making you sick, discuss this with your health care provider.” Perry explained that a correct diagnosis is necessary so that professionally trained public health officials can conduct an assessment of the problem.

There is no established data to show “safe” levels of mold because each person reacts

differently to different levels of mold. “So in most cases, providers don’t have to request a mold sampling of someone’s environment,” said Perry.

He added that mold spores are everywhere and when found, all molds should be treated the same. “The risk of exposure to molds is minimal in most people, and reactions to molds vary from person to person.

It is impossible to completely remove all molds from the indoors, so moisture control is the key to mold control. USACHPPM recommends a humidity level of 60 percent or less.

Using fans while cooking and showering can help so long as you vent them to the outside. Another way to control moisture is to open windows while cooking and showering..

To minimize the risk of mold growing in work and home areas, identify and eliminate the source of moisture or water.

Residents should ventilate their quarters for at least 10 minutes a day and after each shower by opening windows to create a cross draft. This helps to reduce the potential for mold and mildew growth.

“Be aware though, molds damage what they grow on, so the longer they have to grow, the more damage they are likely to cause,” said Perry.

Getting rid of mold

For small jobs, usually about 10 square feet,

it is usually not necessary to call a professional. Perry gives this advice:

1. Scrub moldy surfaces with detergents and water or a bleach solution of one cup of bleach to one gallon of water (caution: never mix bleach with other cleaning solutions as the chemicals could react and be extremely dangerous).
2. Allow the material time to dry completely.
3. Discard porous or absorbent material if cleaning agents do not go deep enough to kill all of the mold spores.
4. Mold will grow back if the water source was not removed,
5. Do not paint or caulk moldy surfaces. Remove the mold first, then allow the material to completely dry before painting or caulking.
6. You may need to discard moldy stuffed furniture if the mold cannot be completely removed.

For larger areas or for cleaning items with sentimental or high value, you may wish to consult a professional or specialist.

Be sure to notify the housing office of any problems that need professional resolution.

The Environmental Protection Agency’s publications, *A Brief Guide to Mold, Moisture, and Your Home* and *Mold Remediation in Schools and Commercial Buildings*, outline steps to take to remedy large and small projects.

Both of these are available free from the EPA’s site at <http://www.epa.gov/mold/moldguide.html>.

In Brief:

- Not all molds are harmful.
- Visual inspection along cannot identify harmful mold .Regardless of the type of mold it is, the remediation steps are the same.
- Mold MUST have water (moisture) to survive. Eliminate the water source and you will eliminate the mold problem.
- Clean mold with soap and water or a bleach solution and allow drying.
- Mold remediation is not complete until the water (moisture) source is identified and eliminated.
- Different people will react differently to exposure to mold. Address health issues on individual basis between you and your health care provider.

If you suspect mold is affecting you or your family’s health in the home or workplace, discuss this with a health care provider so an accurate diagnosis can be made.

For additional information, visit the USACHPPM (<http://chppm-www.apgea.army.mil/mold/>), CDC (<http://www.cdc.gov/mold/>), EPA (<http://www.epa.gov/mold/>), or the American College of Occupational and Environmental Medicine (<http://www.acoem.org/guidelines.aspx?id=850>) Web sites; or call the environmental science officer at DSN 476-3216.

Campaign urges military parents ... ‘never to shake a baby’

by GERRY GILMORE
American Forces Press Service

The Defense Department is launching a new military family initiative aimed at stopping or reducing the incidence of “Shaken Baby Syndrome,” a senior DoD official said in Washington last month.

Frustrated parents, especially fathers, can negatively react to their baby’s cries by shaking it, an act that can seriously harm or even kill the infant, explained David W. Lloyd, director for the Defense Department’s Family Advocacy Program.

“Never shake a baby. The injuries can range from death to serious head trauma - meaning skull fractures, blindness, learning disabilities and stunted growth,” Lloyd said.

This year, DoD is partnering with the National Center on Shaken Baby Syndrome headquartered in Ogden, Utah, to prevent Shaken Baby Syndrome, Lloyd said.

About 400 information kits containing CDs, posters, pamphlets and other material were mailed out in early March to military installation

family advocacy programs, medical treatment facilities and National Guard state family programs, he said.

“We just wanted to be part of a larger (Shaken Baby Syndrome prevention) movement that’s occurring in the civilian community, as well,” Lloyd said.

Last Month, DoD is highlighted Shaken Baby Syndrome prevention in conjunction with National Child Abuse Prevention Month, which is observed each April.

Each year, between 10 to 20 infant deaths occurring across the military community are attributed to Shaken Baby Syndrome, according to DoD documents.

“Military parents are like all parents — they need information and support about how to cope with the stress of living with an infant, especially a baby that won’t stop crying,” said Leslye A. Arsht, deputy undersecretary of defense for military community and family policy.

DoD’s Shaken Baby Syndrome prevention initiative provides parents with training and education they can

employ when coping with crying infants, Arsht noted.

“Shaken Baby Syndrome is preventable,” Arsht said.

Fathers and other males are responsible for 70 percent of shaken-baby cases, Lloyd said, noting the ages of infants involved range from newborns to one-and-a-half years old.

Fathers seem more susceptible to shake their babies out of frustration, likely because they don’t bond with infants in the same way as mothers do, Lloyd said.

A mother, he explained, quickly forms a bond with her baby by birthing and nursing it.

“We know that young men who are fathers are often nervous about how to pick up their baby or laying their baby down because holding that baby isn’t something that they did when they were a young child,” Lloyd said. “Girls when they’re very young play with dolls and get used to the kinds of holding and other kinds of nurturing behaviors.”

It’s perfectly normal for fathers to become irritated during an infant’s crying fits, Lloyd said. But, that’s an ideal time, he emphasized, for fathers to step away and examine their thoughts and emotions.

Babies cry, he said, because that’s how they communicate things like being hungry or having full diapers that need to be changed.

Parenting classes available through installation family advocacy programs can assist military fathers in bonding with their newborns and infants, Lloyd noted. Studies have shown that frequency of military deployments have little bearing on the occurrence of Shaken Baby Syndrome within military families, Lloyd said.

“Actually, we haven’t seen any correlation between the increased rate of deployment and any increase in our child abuse, generally, or in our fatalities,” Lloyd said.

However, even one case of Shaken Baby Syndrome is too much, Lloyd pointed out.

“It’s normal to be irritated when your baby is crying,” Lloyd pointed out. “You’re not a bad dad. It’s just that you’re stressed out from your baby’s crying. Put the baby down in a safe place (and) take time out for yourself.”

Military parents can access a 24-hour counseling line at 1-800-342-9647 to surface their questions about Shaken Baby Syndrome and other issues.

Visit Web for answers to behavioral health questions

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Links and points of contact are provided for additional information.

“Although many Web sites have information relevant to behavioral health in general, not many are relevant to Army personnel,” said Col. Elspeth C. Ritchie, psychiatry consultant to the Army Surgeon General. “We created a portal where people can find relevant and reliable information about behavioral-health needs specific to the Army.”

Fifteen to 30 percent of Soldiers returning from Iraq experience post-traumatic stress symptoms or other mental-health symptoms. This is not unusual after combat.

Recognizing and treating these symptoms early is key to preventing them from becoming a disorder such as post-traumatic stress disorder.

From the new site’s front page, people can navigate quickly to pages for news about military behavioral-health issues, frequently asked questions or other sources of information. A page labeled “Get Answers” will allow people to submit specific questions to be answered by experts.

Other links from the front page lead to pages where information is gathered for groups of people with common interests - Soldiers, couples, children, extended families, National Guard, Army Reserve or behavioral health providers.

“It is for Soldiers and their families - not just the nuclear families, but also members of extended families who may not be military health care beneficiaries, but can access the Web site,” Ritchie said.

Other pages provide information on specific issues, such as post-traumatic stress disorder, suicide prevention, behavioral health research, Battlemind training, or the assessments and reassessments the Army conducts to detect health problems for deploying and redeploying Soldiers.

Some of the tools available will help families recognize symptoms of stress disorders, and help parents explain deployments to children of various ages. Army programs to help—such as the deployment assessments and Battlemind training, which teaches Soldiers how to improve resiliency and mitigate stress—are explained.

Ritchie said specific information for unit commanders will be added to the site, and other additions are being made.



Photo by LaKisha Elliott

The Grafenwoehr and Vilseck Girl Scouts would like to thank community members for making Cookie Season a success! This year, community members donated \$716 which was used to purchase 216 boxes of cookies for Soldiers serving in Iraq and Afghanistan. Pictured is Girl Scout Brownie Troop 214 with the 56 boxes of cookies their troop donated.

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